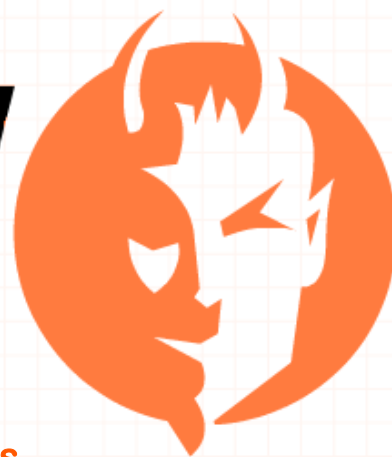


Downland Devil 9



9 Mile Cross Country Run, 10:00 am, Sunday 2nd December 2012

Starting from Church Farm, Coombes, Lancing, West Sussex, BN15 0RS

(UKA permit applied for)

The Downland Devil 9

- ◆ The course is undulating and cross country, mainly on Private farm tracks not usually open to public access
- ◆ Drinks will be provided en-route
- ◆ Prizes will be given for the first six males and females
- ◆ Memento to every finisher

Race Entry Fee (all fees are non-refundable)

- ◆ UKA Affiliated runners - £9.00
- ◆ Non UKA Affiliated runners - £11.00
- ◆ On the day entry will incur a surcharge of £1.00
- ◆ Entries on the day will be accepted providing the race limit of 350 has not been met
- ◆ All entries must be submitted before 9:30am on the race day

Please Note

- ◆ Church Farm is a working farm and no dogs are permitted under any circumstances
- ◆ No person under the age of 17 will be able to compete
- ◆ Athletes with disabilities wishing to enter the event are advised to discuss their entry with the Race Organizer who can be contacted via the race entry address shown below or email information@worthingstriders.co.uk
- ◆ Race time limit is 2½ hours maximum
- ◆ See www.coombes.co.uk for further details on the farm

Facilities

- ◆ Fully licensed bar and refreshments available
- ◆ Parking and Toilets at the Farm



Please complete the following form in **Block Capitals**.

(Please tick as appropriate)

Surname:	First Name:	Male:	Female:
Address: Post Code:		Telephone No.:	
		Age on Race Day:	
Affiliated Club (If Applicable):		UKA Licence number	(If Applicable):

Please make cheques/postal orders payable to **Worthing Striders**, enclosing a **Stamped addressed envelope**.

Postal entry closing date is **23rd November 2012**. Entries received after this date will be available for collection at the race office.

Send your entry to: The Race Secretary, 4 Thatch Court, The Street, Lancing, West Sussex, BN15 0PL

DISCLAIMER: I declare that I am medically fit to compete in the event and I understand that I compete at my own risk. I confirm that the organisers shall not be liable for any accident, injury, loss or damage that may occur as a consequence of my participation.

Signed: _____ To be signed by Parent/Guardian if under 18 _____ Date: _____

OFFICIAL USE ONLY

Cheque:

Race Number:

www.worthingstriders.co.uk