



SHOREHAM RIVER FEST RUN

In conjunction with Shoreham River Fest
Monday 25th August 2014 at 10:00am

Sponsored by: **Basepoint Business Centres Ltd**, Little High Street, Shoreham-by-Sea, BN43 5EG www.basepoint.co.uk

Brighton Home Improvements, 21 Sheppard Way, Portslade, Brighton, BN41 2JD
<http://brightonhomeimprovement.co.uk/>

Location: Picturesque Adur River, Shoreham-by-Sea, Sussex,

Race HQ: Adur Outdoor Activity Centre, Brighton Rd, Shoreham-by-Sea, West Sussex BN43 5LT

Course: Circular flat route, approximately **10km**, beside the River Adur, off road. Competing with dogs and use of head phones are prohibited. Minimum age to compete is 16 years. The course will follow public footpaths, which will remain open to the general public. **Runners must take care of and respect other users of the footpaths.**

Race Permit No:89 - 14 issued by the Trail Running Association

Parking: Adur Recreation Ground beside Adur Outdoor Activity Centre, overflow car park at Ricardo UK, near Shoreham Airport off A27, Shoreham, BN43 5FG

Toilets: Toilets available at Adur Outdoor Activity Centre and Adur Recreation Ground.

Start: East bank of Adur approximately 0.7km north of Norfolk Bridge, Shoreham, approximately 1.0km from Adur Recreation Ground and 0.8km from Ricardo Car Park.

Water Stations : After approximately 6km and at finish.

Entry Fees : Affiliated runners £5.00, Non-affiliated runners £7.00, On the day £10.00

Entries forwarded to: Race Secretary, 14 Shirley Close, Shoreham by Sea, West Sussex, BN43 6YH

Also contact email: riverfestrun@gmail.com

Advance entries close on 10th August 2014 or before if race limit is reached. **Race limit: 400 runners**

Entries on the day at Race headquarters close at 9:30am

Results will be posted on Lancing Eagles website www.lancingeagles.co.uk

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First Name:		Last Name:	
Address:			
Postcode:		Email:	
Telephone No:		*Male / *Female	(*delete as appropriate)
Club Name		Affiliation Number	
Entry Fee: £		Cheques payable to Lancing Eagles Running Club	
Signed:		Date:	
Age on 25/08/2014		Shoreham River Fest Run	

All entrants understand that the organizers of this event will not be liable for any accident, injury, loss or damage arising from participation in this event. In line with the Data Protection Act, by entering this event you are accepting that your name may appear on our Website if we post the race results on the site.

Official use only	Race Number
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