



The Ashdown Weekend – This year's event

Supporting Friends of Danehill, Local Clubs and Charities since 1972

Ashdown Weekend Fun Run

Following the great success of the Ashdown Fun Runs since 2009, we are delighted that the Conservators have agreed we can hold the 6th Ashdown Fun Run again in 2014

Donations to St Peters and St James Hospice

**A unique chance to run in the beautiful
Ashdown Forest**

Saturday 14th June 2014

10:00am Registration

10:30 start

Chelwood Gate Village Hall

5km fun run, with a maximum of 150 runners
Entry fee £5.00 (under 21's) £10.00 (over 21's)
plus a voluntary donation

Please register early - form overleaf
Runners must be at least 16 years old

Prizes, medals and massage for the competitors

Come and support the runners

Refreshments for sale

for further details Call 01825 740920 or

www.ashdown-weekend.com

Ashdown Fun Run RACE ENTRY FORM

Sat 14th June, 2014 10:30 start, please arrive by 10.00 for registration.

£5 entry fee (under 21's) & £10 (over 21's) voluntary donation (minimum £5) to St Peters and St James Hospice on one cheque please made payable to The Ashdown Weekend

Distance – 5km over Ashdown Forest

FIRST NAME _____

SURNAME _____

DATE OF BIRTH _____

AGE ON RACE DAY _____ SEX _____

BEST TIME FOR 5 km _____

WHERE ACHIEVED _____

ADDRESS: NUMBER AND STREET

ADDRESS: TOWN AND COUNTY

POSTCODE

CONTACT Tel no, _____

E-MAIL _____

AGE LIMITS

Competitors must be 16 by the day of the race

DECLARATION

A signed entry form will be considered as an acceptance of governing body rules and a declaration that you will compete on foot and run entirely at your own risk. No dogs, or following cycles.

SIGNATURE _____

Please send your completed forms with **a single cheque** covering your entry fee and donation, with

a large C4 size stamped addressed envelope, to:

**Fiona Irwin, Tanyard Farm, Furners Green, Uckfield,
TN22 3RL**