



West Sussex Fun Run League

# Beach Run

Arunners Running Club  
[www.arunners.co.uk](http://www.arunners.co.uk)

Wednesday 20<sup>th</sup> May 2015  
Junior Run (3/4 mile) 7:00pm  
Senior Run (approx 5 miles) 7:30pm

<p><b>Junior Run</b> (under 15) ¾ mile on grass and promenade Medals to all finishers Entries in advance £1 Entries on the day £1</p>	<p><b>Senior Run</b> (15 and over) approximately 5 miles, mostly on sand Spot Prizes Entries in advance from WSFRL clubs £3: others £4 Entries on the day £5</p>
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## Entry Form for Senior Run / Junior Run [delete as applicable]

Postal Entries [by 6<sup>th</sup> May with 9x6 SAE and correct postage] Macarla Lucas – Dyke, 22 Talbot Road, Littlehampton, West Sussex BN17 7BL or by email [macarla@hotmail.co.uk](mailto:macarla@hotmail.co.uk) for collection on the day  
Disable runners are welcome to contact the race organiser ( [philmcerlain@hotmail.com](mailto:philmcerlain@hotmail.com) ) to discuss suitability.  
No dogs please. As part of the run may involve running next to traffic, no personal music players either.

First Name \_\_\_\_\_ Surname: \_\_\_\_\_ Male / Female \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel no: \_\_\_\_\_

Age [on day of race] \_\_\_\_\_ Club Name \_\_\_\_\_

Cheques payable to **ARUNNERS RC**

Entry Fee: \_\_\_\_\_

Directions / instructions will be sent with race number

I am medically fit to complete in the event and understand that I enter at my own risk and do not hold the organisers or race officials responsible for any loss or injury caused as a result of my participation in this race.

Signed: \_\_\_\_\_ Parent or guardian if under 15 on race date.

Starting point: Littlehampton West Green next to The Windmill Harvester  
Restaurant, Littlehampton, BN17 5LH

Ample parking, St John Ambulance, public toilets, tea and coffee, cakes!