



30th Anniversary 1986-2016
LANCING EAGLES RC

Steepdown Challenge

5 mile Trail Race

Sunday 30th October 2016

WEST SUSSEX FUN RUN LEAGUE



Race Sponsor: Basepoint Business Centres Ltd,

www.basepoint.co.uk

Little High Street, Shoreham-by-Sea, BN43 5EG

Venue: Lancing Manor Leisure Centre, BN15 0PH, off A27 at Lancing.

Course: **Trail Race** over hilly chalky tracks and paths to Steepdown trig point and back, which are open to public. Runners are not permitted to take dogs. **Minimum age for 5 mile race is 15 years.**

Facilities: Toilets are available. Showers on **payment of day rate** at leisure centre. First aid will be provided by St John Ambulance. Refreshments will be provided by Lancing & Sompting Lions Club. Spot prizes awarded for senior race. Medals awarded for all in junior event.

Start Times: 10:30am for 1 mile race for Juniors (U16)

11:00am for 5 mile race.

Entry Fees: 5 mile race, WSFRL members - £3.00 / non-members - £5.00.

Junior 1 mile race - £1.00 - in advance and on the day.

Entries on the day (if available) WSFRL members - £5.00 / non-members - £7.00

Race entries in the 5 mile event are limited to **500 runners maximum.**

Closing date for postal entries is 17th October 2016.

Please send a large A5 size stamped addressed envelope and cheque for race details and number to: Race Secretary, 36 Brooklyn Avenue, Worthing, West Sussex, BN11 5QJ. Queries to dglittle@ntlworld.com

WSFRL club entries: to dglittle@ntlworld.com no later than **24th October 2016.**

Website: www.lancingeagles.co.uk . If inclement weather is forecast please check website for race updates and further information on race, location and Lancing Eagles RC.

Charity: Lancing Eagles RC will make a donation from the proceeds of the race to the charity The **Martlets Hospice** , www.themartlets.org.uk . If you wish to make your own donation, please indicate on the entry form below.

We welcome new members. We meet at Lancing Manor leisure centre at 6:30pm on Wednesdays.

First Name:		Last Name:
Address:		
		Postcode:
Telephone No:		Email:
WSFRL club (or unattached):		*Male / *Female (*delete as appropriate)
Race Entered: *1 mile / *5 mile		Cheques payable to <i>Lancing Eagles RC</i>
Entry Fee: £	Donation to Martlets Hospice : £	Total : £
Signed:		Date:
	(Parent or guardian if under 18)	Age on 30/10/2016:
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	