

The Duck Pond Waddle



(SEAA permit applied for)

**9 Mile (15 km)* Cross Country Run, 10.00 am, Sunday 7th December 2008,
Starting from West Worthing Tennis Club, Titnore Way, Durrington, Worthing, West Sussex**

**Worthing
Striders**



www.worthingstriders.co.uk

The course is undulating, mainly cross-country with concrete, tarmac and chalk farm tracks. Drinks will be provided en-route.

Prizes will be given for the first six males and females

No person under the age of 17 will be able to compete.

Race entry fee:

£6.50 - for UK:A affiliates

£8.50 - for Non UK:A Affiliated

On the day entry will incur a surcharge of £1.00

(Fees are non-refundable)

Entries on the day will be accepted providing that the race limit of 350 has not been met.

All entries **must** be submitted before 9.30 on the race day.

Facilities: Parking at the West Worthing Tennis Club is limited. Showers and changing rooms are available.
A fully Licensed bar and refreshments will be available.

A special thanks to our sponsors:



*Distance is approximate

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

Surname: First Name: Male Female (Please tick as appropriate)

Address:
.....Post Code:

Telephone No: Age on Race Day:

Affiliated Club (If Applicable): UK:A Licence Number (If Applicable):

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

Postal entry closing date is **3rd December 2008**. 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: Date:.....

OFFICIAL USE ONLY

Cheque:.....

Race Number: