



TOD ANSTEE VALLEY CHALLENGE

Saturday 16th September 2017 10.00 am

Organised to help raise funds for Friends of Singleton Primary School

Popular off- road 8 mile race in the stunning Lavant Valley. This pretty but challenging route takes in the spectacular scenery of the South Downs, with the bulk of the race using the tracks and trails of the Goodwood Estate. The registration area at East Dean Village Hall incorporates plenty of car parking, toilets and refreshment facilities.

The race is on an undulating course and is suitable for all abilities. The race is being organised on behalf of, and to raise funds for, The Friends of Singleton School, a registered charity.

***** Medal and Finish Line goodies to all finishers *****

Venue: Race HQ: East Dean Village Hall, East Dean, West Sussex PO18 0GJ

ENTRY FEE: £14.00 attached £15.00 unattached £16.00 on the day

ENTRY LIMIT: 300. Closing date is 9 September but entries accepted on the day subject to availability

PLEASE ENCLOSE: LARGE SAE.

CHEQUES: Payable to 'Singleton School'

ENTRIES: JO HOSKINGS, RACE DIRECTOR, EAST HOUSE, CHARLTON, WEST SUSSEX PO18 0HU

MORE INFO & ONLINE ENTRY LINKS: www.milestone-fitness.co.uk

PLEASE ENTER ME FOR THE VALLEY CHALLENGE

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 16/09/2016 _____

SEX: MALE/FEMALE (DELETE AS APPLICABLE)

ADDRESS _____

POST CODE _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ AFFILIATED YES/NO. ESTIMATED TIME _____

I DECLARE I WILL BE OVER 16 YEARS OF AGE ON 16/09/17 AND I AGREE THAT THE ORGANISERS SHALL NOT BE LIABLE FOR ANY INJURY, ACCIDENT, LOSS OR DAMAGE TO MYSELF OR TO ANYONE ACCOMPANYING ME IN CONSEQUENCE OF MY PARTICIPATION IN THIS EVENT. I ALSO DECLARE THAT I AM MEDICALLY FIT AT THE DATE OF THIS APPLICATION AND THAT I WILL NOT PARTICIPATE IN THE EVENT UNLESS I AM MEDICALLY FIT TO DO SO. I WILL ALSO OBEY ALL MARSHAL'S AND ORGANISER'S INSTRUCTIONS.

SIGNATURE.....DATE.....

Occasionally, we'd like to tell you about some of our other races and events but if you'd prefer not to receive this information, please tick here [].