



The Ashdown Weekend – This year's event

Supporting Friends of Danehill, Local Clubs and Charities since 1972

Ashdown Weekend Fun Run

Donations to St Peters and St James Hospice

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

Sunday 21st May 2017

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)

Please register early
Online at www.ashdown-weekend.com
or return the form overleaf

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

Sunday 21st May 2017, 10:30 start, please arrive by 10.00 for registration.

£5 entry fee (under 21's) & £10 (over 21's)

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 under the age of 16 must be accompanied by an adult

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