

Stowmarket Striders with BARNARDS of Stowmarket
PRESENT YOUR ONLY 7 MILE RACE IN SUFFOLK



Scenic Seven

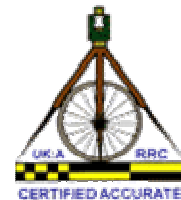


This event includes a Junior race of 3 x 1k laps split in to age groups

Please visit the clubs website www.stowmarketstriders.org.uk for further details.

SUNDAY 9 November 2008

**Start times, Junior race 10:15am / Seven 11:02am
(Remembrance Sunday)**



Start and Finish at Mid Suffolk Leisure Centre, Stowmarket.

**SEAA PERMIT
11189
(UKA rules)**

- PRIZES:** 1st male & female - £50, 2nd - £25, 3rd - £10
Age Category Trophies, Team Prizes, Memento to all finishers
- ENTRY FEES:** £9 (£11 on the day)
Members of UKA affiliated Athletics Clubs - £7 (£9 on the day)*
* Must include UKA Licence number below

Closing date for postal entries is Monday 3 November

Send completed entry form, S.A.E. and cheque made payable to Stowmarket Striders to

Chris Chaplin 1 Lowry Way Stowmarket Suffolk IP14 1UE

Need more info contact numbers are Heidi Bingham 01449 616300 and Chris 01449 675512

PLEASE NOTE: NO SELF ADDRESSED ENVELOPE THEN NO ENTRY

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Stowmarket Striders Scenic Seven 2008

Please complete in capitals

Race No.

Surname		Gender: M / F
Forenames		
Address		
	Post Code	
Date of Birth	Age on race day	
Phone (Day)	Phone (Evening)	
E- Mail Address	* UK Athletics licence number	
UK Athletics affiliated Club		

Declaration I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand the organisers reserve the right to delay, postpone, cancel, or not officially time the race in the event of adverse weather conditions or other events outside the organiser's control. The determination of what constitutes this is reserved solely to Stowmarket Striders. Photographs of the race will be taken for publicity purposes. I understand that my image may be used and give permission freely for it to be used.

Signed _____ **Date** _____

Our next Race is the Joe Cox Half Marathon on 29 March 2009