



# HENFIELD NINE MILE RUN

## Sunday 26th February 2012

### 10.00am Start and Finish at Henfield Leisure Centre

Off road nine mile scenic course along riverbank and disused railway, flint paths & stiles disabled and less abled athletes welcome if you feel the course is within your abilities please contact us before entering, Changing Rooms, showers and parking

\* Toilets \*refreshments \*

\* Medals to all finishers

£9 entry fee **£1 extra on day**

Closing date for postal entries 17/02/12 **please send large SAE** \* Cheques made Payable to Henfield and District Sports Association

\* Results will be posted on our website at the end of the race.

[www.henfieldleisurecentre.co.uk](http://www.henfieldleisurecentre.co.uk)

E-mail [simonthompson@henfieldleisure.org.uk](mailto:simonthompson@henfieldleisure.org.uk)

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#### **ENTRY FORM – please use block capitals**

Surname ..... First Name..... Male/Female .....

Address.....

..... Post Code .....

Tel no ..... Age on 26/02/12.....

Running club .....Fee enclosed £ .....

**Declaration** – I am medically fit to run and understand that I enter at my own risk. The race organisers and officials appointed by them will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event, or for any property lost or damaged on the course, in the changing rooms or in the vicinity.

**Signature:** ..... **Date:** .....

Please note the course will close after 3 hours and there will be no marshals along the route after this time.

Please return with cheque and large SAE to: Race Director, Henfield Leisure Centre, Kings Field, Henfield, west Sussex BN5 9QB Tel: 01273 494984.