



Shepshed Running Club

Shepshed Running Club proudly presents the 15th running of the

SHEPSHED SEVEN

& Family Fun Run

Sunday 1st November 2015

ARC Race Permit

7 mile 11.00am

Fun Run 10.00am

Both races start and finish at the Shepshed High School, Shepshed, LE12 9DA

The 7 Mile race is a two-lap course over a scenic, traffic free, countryside course through the Private Grounds of Garendon Park by kind permission of the De Lisle family.

7 Mile: Extensive prize list – trophies and prizes for all categories –

Full prize list is shown on the Shepshed Running Club Website. ONLY ONE INDIVIDUAL PRIZE PER PERSON.

Course Record – Male: Tim Hartley, Shepshed Running Club, 36:00 – Female: Kate Ramsey, Barrow Runners, 40:48

1 Mile Fun Run: trophies for the first boy and girl 12 years and under

Commemorative Shirt to all 7 mile finishers. Spot prizes in the main race

Changing and shower facilities – LIMITED PARKING – Refreshments

Limited entries. Race details sent via email on receipt of entry. Closing date for postal Shepshed7 entries is 25th October 2015.

No 7 mile entries on the day. Please use a separate entry form for each race entry. Photocopies and universal forms accepted. 7 mile competitors must be 16 or over on the race day.

Online Entry - SIENTRIES - https://www.sientries.co.uk/event.php?event_id=2088

Send with cheque made payable to ‘Shepshed Running Club’ to:

Shepshed 7, c/o I Benskin, 16 West Leak Road, East Leak, Leicestershire, LE12 6LJ Tel : 0753 167 5031

Latest News & Shepshed Running Club Information: www.shepshedrc.org.uk

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Please enter me for the:	* Shepshed 7 (Affiliated) - £14.00	* Delete as appropriate
	* Shepshed 7 (Unaffiliated) - £16.00	One form per competitor per race
	* Family Fun Run - £2.00	

Surname:

Address:

First name:

Building Name/Number

Date of Birth:

Street

Male/Female:

Locality

Affiliated Athletic Club:

Town

T Shirt Size: * S M L XL

County

(Sorry availability of T Shirt size requested cannot be guaranteed)

Postcode

Phone:

E-Mail address:

****Note – The minimum age for the Shepshed 7 is 16 years old on the race day.**

Disclaimer: I am medically fit to run and understand that I run at my own risk and that the organizers will in no way be responsible for any loss or damage to property. I accept the above information can be used for the purpose of organizing the race and producing a results list containing limited information.

Date..... Signed..... (Children under 14, a parent or guardian must sign on your behalf)

The details provided on this form will NOT be disclosed to any third parties. (The SRC Data Protection Policy can be found on our website)
Please tick the box if you do NOT wish Shepshed Running Club to use the information on this form to send you details of next years race.