

Saturday 19th May 2007

10am start • Maximum of 250 places



A five kilometer off road race over Farthing Downs, open to all ages and abilities.

- Prizes for first home. With medal and goody bag for all finishers!
- Medals engraved for first 100 finishers
- Full changing facilities and showers
- Well marshalled course, friendly and welcoming atmosphere
- Refreshments after the race in the SLH clubhouse in Coulsdon

TO ENTER: On the day at the SLH Clubhouse from 9-9.30am (194a Brighton Road, Coulsdon CR5 2NF). Or in advance using the form below.

Jog to the start from the clubhouse at 9.45 or meet at the start of the race at the Coulsdon end of Farthing downs, adjacent to Downs Rd, off Marlpit Lane.

Come and run with South London Harriers!

Based in Coulsdon SLH caters for all runners, from those just looking to start to those wanting to compete at the highest levels.

Do you want to get fit? Lose some weight? Run a marathon? Inspired by 2012? – Well, you will meet someone with the same ambitions in SLH!

Why not join South London Harriers?

Training sessions at 6.30pm on Tuesday and Thursday evenings and most Sunday mornings from the Coulsdon cubhouse.

For more information call 020 8660 4477 or www.southlondonharriers.org

Join SLH on the day for only £5! (A reduced subscription of 80% off to Oct 2007).
 Membership saves £2 on every race entered!

The Farthing 5k is sponsored by:

Runathon Also Run Walk
 49 Surrey Street Croydon
www.runathon.co.uk



ENTRY FORM Please detach and return this portion with your fee and a SAE to: South London Harriers, % Jake Clausen, 43 Bluebell Close, Horsham, Sussex RH12 5WB (or enter on the day before 9.30am).

Surname _____ Forename/s _____

Address _____

Postcode: _____ Tel: _____

Entry fee: £3 Affiliated / £5 Non-affiliated Male / Female (Delete as appropriate) d/o/b ___ / ___ / ___

Affiliated Club (if relevant) _____

I am medically fit and fully understand that I enter at my own risk and that the organisers, South London Harriers, or any associates will not accept any liability for any injury sustained or loss of property arising from or as a result of the event.

Signed _____ Date _____