

Mid Sussex

East Grinstead 10 Mile Race

10.30 am Saturday May 3rd 2014

Part of the Mid Sussex Marathon Weekend

which includes:

Mid Sussex Haywards Heath 10 Mile – Sunday May 4th 2014

A Sussex Grand Prix race

Mid Sussex Burgess Hill 10K – Monday May 5th 2014

Run them individually – or take part in all three, run 26.2 miles and receive a specially designed Commemorative Mid Sussex Marathon Weekend Medal

Team relay option with three people running approx. 3.3 miles each

Children's Race each day

All three races held under UKA Rules. UKA Licence applied for

You might not want to run this race too fast! An undulating trail and pathway course in and around the stunning Mid Sussex countryside just outside East Grinstead, using mainly traffic free routes. Would suit runners of all standards including those new to 10 mile races. Times in this race count towards overall series prizes for those completing all 26.2 miles over the three races.

Please note that the race is considered unsuitable for wheelchair athletes. If you have any questions about the suitability of the course for you then please call the Mid Sussex Marathon Weekend Office on 01797 230009

Prizes/trophies for: 1st, 2nd, 3rd Males; 1st in Male Vet Categories 1-7; 1st Under 18; 1st Male Team (of 3)
1st, 2nd, 3rd Ladies, 1st in Female Vet Categories 1-7; 1st Under 18; 1st Female Team (of 3)

Venue: East Grinstead Sports Club, Saint Hill Road, East Grinstead, West Sussex RH19 4JU

Toilets, changing and refreshments available. Attractions and entertainment on the day

ENTRY FEE: 10 Mile races £16.00 attached £18.00 unattached £20.00 on the day
10K race £13.00 attached £15.00 unattached £2 extra on the day
Entry for all three races £34.00 £40.00 unattached
Relay entry £36.00 per three person team; Children's Race £3.00

ENTRY LIMIT: 500. Closing date for postal entries April 30th but entries accepted on day subject to availability

CHEQUES: Payable to 'Mid Sussex District Council' MORE INFORMATION: 01797 230009

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA
Please enclose large sae

ENTER ONLINE AT www.nice-work.org.uk

Medals to all finishers - plus plenty of goodies at the finish!!

Race website www.midsussexmarathonweekend.co.uk **Entry form overleaf**



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10.30 am Saturday May 3rd 2014

Please enter me/us for: Mid Sussex East Grinstead 10 Mile [] Mid Sussex Burgess Hill 10K []
Mid Sussex Haywards Heath 10 Mile [] All three events []
Three Person relay (for 10 mile races only) []

Children's Race at _____

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 3/5/2014 _____ GENDER: Male/Female (delete as applicable)

For Relay – additional team members

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 3/5/2014 _____ GENDER: Male/Female (delete as applicable)

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 3/5/2014 _____ GENDER: Male/Female (delete as applicable)

ADDRESS FOR RACE INSTRUCTIONS/NUMBERS _____

_____ Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. FOR RELAY: TEAM NAME _____

I declare I will be over 16 years of age to enter the 10 mile races; over 13 years of age to enter the team relay; and 15 to enter the 10k race. I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshal's and organiser's instructions.

If under 18 years of age application should be signed by a parent/guardian.

Are you running to help raise funds for a charity, community group or good cause? Yes [] No []. If yes, which good cause are you supporting?

SIGNATURE.....DATE.....

Occasionally, we'd like to tell you about some of our other races and events but if you'd prefer not to receive this information, please tick here []

For more information, please contact the Mid Sussex Marathon Weekend Office on 01797 230009.

Alternatively, please visit the race website www.midsussexmarathonweekend.co.uk, email info@nice-work.org.uk or visit www.nice-work.org.uk

