



The 3rd Rye 10

A Sussex Grand Prix race

Sunday 25th May 2014 10.00 am

Organised in conjunction with the Peasmarsch Memorial Hall Committee to help raise funds to restore the Village Hall.

Held under UK Athletics Rules. UKA Licence applied for. Accurately Measured Course.

This challenging 10 mile road race – the only measured 10 mile road race in Sussex - covers the quiet lanes through the stunning countryside outside Rye. The race begins and finishes in Peasmarsch, just outside Rye on the A268. Plenty of on site parking and refreshments.

Why not make it a Running Bank Holiday weekend? Join us for the Littlestone 10k on Friday 23rd, then on Saturday morning an optional coached session with Rye Runners, followed by the Rye 10 Mile race.

Contact us for ideas on where to stay and a special price for all three events. Group rates also available.

***** Medal and Finish Line goodies to all finishers *** Chip timing *****

Plus prizes and 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: Race HQ: The Cock Inn, Main St, Peasmarsch Nr Rye TN31 6YD

Parking adjacent to the Cock Inn at Jempson's Supermarket

ENTRY FEE: £16.00 ATTACHED £18.00 UNATTACHED £20.00 ON THE DAY

ENTRY LIMIT: 500. Postal closing date is 19th May but entries accepted on the day subject to availability

PLEASE ENCLOSE: LARGE SAE.

CHEQUES: Payable to 'Nice Work'

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsch, East Sussex TN31 6TA

MORE INFO & ONLINE ENTRY LINKS: www.nice-work.org.uk

FURTHER INFORMATION AVAILABLE ON 01797 230009

PLEASE ENTER ME FOR THE RYE 10 MILE RACE []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 25/05/2014 _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

I declare I will be over 17 years of age on 25/05/14 and 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.

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 [].