



The 4th Goudhurst 10K

Sponsored by Risebridge Health and Sports Club
Plus 5K Race, 2K Fun Run and Children's Race
Sunday 27th April 2014 at 10.30am
Supporting Goudhurst and Kilndown Primary School
Held under UK Athletic Rules. UKA Licence applied for

A scenic race using the roads, tracks, pathways
and trails in and around Goudhurst, Kent

**** Chip Timing ** Medal to all finishers ****

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Senior, Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, First Lady Senior, Vet Categories 1-7, First Lady Team (of 3)
1st Goudhurst Mum and 1st Goudhurst Dad; 1st Husband and Wife

Prize giving and presentations approx 60 minutes after first runner home

**Venue: Risebridge Health & Sports Club, Risebridge Farm,
Peasley Lane, Goudhurst, Kent, TN17 1HN.**

Toilets, changing facilities, baggage area and refreshments available

ENTRY FEE: 10K £13.00 attached £15.00 unattached £2.00 extra on the day
5K £8.00 £2.00 extra on the day
2K Fun Run £5.00 Children's Race £2.00

ENTRY LIMIT: 350. Closing date is 20th April but entries accepted on day subject to availability
Please enclose a large SAE. Cheques payable to 'Goudhurst and Kilndown PTA'

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

ENTER ONLINE www.nice-work.org.uk

Please enter me for the Goudhurst 10K [] 5K [] 2K Fun Run [] Children's Race []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 27/04/2014 _____ 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 15 years of age for the 10K and 11 years of age for the 5K 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 Marshall'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 []