



# The Dedham 10k Run



**Sunday September 14<sup>th</sup> 2014 at 11.00 am**

**Plus 3k Fun Run**

**Held under UK Athletics Rules. Licence Applied for.**

**Race organised to support Dedham School**

The Dedham Run has enjoyed more than 25 years of competitive and fun running for all ages whatever your level and interest in running and has proved popular with every level of runner. The run is set in beautiful Constable country on the Essex/Suffolk border, so whether you are a dedicated competitive runner or a young fun runner, it's a wonderful day out for all the family. Also includes a 3k fun run.

**\*\* Chip timing \*\* Medal to all finishers\*\***

**Prizes/trophies for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Male and Female;**

**1<sup>st</sup> First Male and Female veteran (40+); First male and female super-veteran (55+)**

**1<sup>st</sup> Male & Female affiliated Team (4 to count)**

**Prize giving and presentations approx 45 minutes after first runner home**

**Venue: Duchy Playing Fields, The Drift, Dedham, Essex CO7 6BS**

**ENTRY FEE:** £13.00 attached £15.00 unattached £2 extra on the day  
3k Fun Run £3.00 Children; £5.00 Adults £2 extra on the day

**ENTRY LIMIT:** 1000. Postal closing date is September 10<sup>th</sup> 2014

Entries accepted after this date online and on the day subject to availability. Please note race instructions will be sent via email and numbers and timing chips collected on the day of the race from the race headquarters.

**CHEQUES:** Payable to 'Dedham Run'

**POSTAL ENTRIES TO:**

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

**Enquiries/more information: 01797 230009**

**ENTER ONLINE** Please visit [www.nice-work.org.uk](http://www.nice-work.org.uk) for links

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**Please complete and return along with your cheque and a large sae.**

**Please enter me for the Dedham Run [ ] 3k Fun Run Adult [ ] 3k Fun Run Children [ ]**

**SURNAME** \_\_\_\_\_ **FORENAME** \_\_\_\_\_ **DATE OF BIRTH** \_\_\_\_\_

**AGE ON 14/09/2014** \_\_\_\_\_

**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 on 14/09/14, if taking part in the 10k run 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 the age of 18, this entry form should be signed by a parent or 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 [ ]

