



British
Association
of Road
Races



The 31st Folkestone 10 Mile Race

Good Friday 18th April 2014 11.00 am

Organised by Folkestone Running Club. Held under UK Athletics Rules. UKA Licence applied for.

Course records: Mike Gratton 48.45 Charlotte Dale 53.21

Enjoying a traffic free, fast, flat, promenade route, the race takes runners along the shore line from Hythe to Folkestone. The scenic coastal route is suitable for both novice and experienced runners alike.

Weather conditions permitting, this is a great opportunity for a personal best!

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

****Cash prizes for 1st man and lady - plus age category and team prizes****

Venue: Hythe Community School, Cinque Ports Avenue, Hythe, CT21 6HS

The Start & finish will be on Hythe Green, adjacent to the School.

Marshalls will not be present two hours after start time - runners still on course will be asked to move to the pavement where applicable

ENTRY FEE: £16.00 attached £18.00 unattached £2.00 extra on the day

ENTRY LIMIT: 1000. Postal closing date is 14th April but 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 'Folkestone Running Club'

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

A range of online entry options available on www.nice-work.org.uk

Enquiries/more information: 01797 230009

Please enter me for the Folkestone 10 []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 18/04/2014 (Min age is 17 on race day) _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

Race Entry: I declare that I am fit to run and enter at my own risk. I fully understand that the organisers can in no way be held responsible for any injury, loss incurred to my person or belongings during or as a result of the event. I understand that no dogs, following cycles or headphones are allowed. I understand that the Race Director's decision in all matters is final. I consent to Folkestone Running Club holding personal data from this entry on computer only for the purposes of race administration and notifying me of further Folkestone Running Club events. Please tick this box only if you do not wish us to contact you about future events. I understand that the race entry fee is non-refundable and that race numbers are non-transferable. The race will take place subject to weather conditions. In the event of cancellation due to circumstances beyond our control, entry fees will not be refunded. I am aware that marshals will not be present two hours after start time. I confirm that I have read and accept the above and the full race conditions which are available on request and would like to enter the '2014 Folkestone 10'. If under the age of 18, this entry form should be signed by a parent or guardian.

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

Entry Management by Nice Work www.nice-work.org.uk

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 []