



The 4th Littlestone Lifeboat 10K Promenade Dash

Plus Children's Race

Support the Littlestone Lifeboat with this flat, out and back Friday evening 10K dash

Friday 23rd May 2014 at 7.30 pm

Music, Barbecue, Refreshments and Licensed Bar available

Held under UK Athletic Rules. UKA Race Licence applied for

Now firmly established on the Kent running calendar, this popular Friday night 10K race on the Kent coast returns for a third year. This fast and flat, out and back dash along the promenade from the Littlestone Lifeboat Station is supporting the fundraising efforts on behalf of the Littlestone Lifeboat and all race profits will go to the RNLI. Runners of all standards welcome.

Why not make it a Running Bank Holiday weekend? Join us for the Littlestone 10k, then on Saturday morning an optional coached session with Rye Runners, followed by the stunning Rye 10 Mile race on Sunday 25th May. Contact us for ideas on where to stay and a special price for all three events. Group rates also available.

**** Medal to all finishers ****

Prizes 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)

Prize giving, presentations and refreshments approx 45 minutes after first runner home

Venue: Littlestone Lifeboat Station. Toilets and limited changing facilities

ENTRY FEE: £11.00 attached £13.00 unattached £13/£15.00 on the night £3 Children's Race

ENTRY LIMIT: 300. Closing date is 20th May but entries accepted on the night subject to availability

PLEASE ENCLOSE: Large SAE. CHEQUES: Payable to 'RNLI'

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, 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 Littlestone Lifeboat 10K Promenade Dash [] Children's Beach Race []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 23/05/2014 _____ 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 15 years of age on 23/05/14 for the 10K race 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 []