

Success After Stroke



Success After Stroke Sudbury 10k and 5k

Sunday 7th September 2014 at 10.30am

Supporting Success After Stroke

Held under UK Athletic Rules. UKA Licence applied for

Scenic 10k multi-terrain race across outstanding countryside, the race takes place on private land not normally open to the public. The event also features a 5k race. Races would suit runners of all standards, including beginners and those new to running in races. The event is in aid of your local stroke charity Success After Stroke. SAS raises funds for the support and rehabilitation of stroke survivors living in Essex, Suffolk and Norfolk.

**** Medal to all finishers ** Prizes/trophies for leading runners**

Prize giving and presentations approx 60 minutes after first runner home

Prizes, awards and water generously provided by Waitrose.

Venue: Auberries, Sudbury, Suffolk CO10 7DY.

Toilets, baggage area and refreshments available

ENTRY FEE:	10K	£13.00 attached	£15.00 unattached	£2.00 extra on the day
	5K	£10.00 attached	£12.00 unattached	£2.00 extra on the day

Help fundraise for SAS – raise £50 in sponsorship and receive a refund of your entry fee

Download a sponsorship form from the Success After Stroke website

ENTRY LIMIT: 500. Postal closing date is 4th September but entries accepted on the day subject to availability

Please enclose a large SAE. Cheques payable to 'Success After Stroke'

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

ENTER ONLINE visit www.nice-work.org.uk for links to online entries

Please enter me for the Sudbury 10K [] 5K []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 7/09/2014 _____

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 for the 10K and 11 years of age for the 5K on 7/9/2014 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.

Occasionally, we'd like to tell you about some of our events and services but if you'd prefer not to receive this information, please tick here []

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

