

# Arundel Castle 10k

## 9.30am on Sunday 30th August 2015



- COURSE:** The race starts in Arundel Town Centre. Following a circuit of the town, runners enter the grounds of Arundel Castle by the lower gates, climb through the grounds, loop around Arundel Park and return back through the Castle to the finish in the Town Square. The course is a mixture of tarmac road (75%) and downland grass tracks (25%)
- ENTRY FEE:** Postal entries £15 Online entries: £15 (incl. admin fee)  
Entry On-The-Day: £20 (includes entry and chip)
- AGE LIMIT:** All entrants must be aged 16 or over on the day of the race
- ENTRANTS LIMIT:** 700 runners
- ENTRIES TO:** Entries Secretary, Carlow Cottage, Crossbush Lane, Crossbush, BN18 9PQ
- CHEQUE Or PO:** Made payable to '1<sup>st</sup> ARUNDEL SCOUTS' **WITH AN A5-SIZED STAMPED ADDRESSED ENVELOPE (9.5 X 6.5). If there is no envelope with your postal entry, your number and chip must be collected from Race HQ on the day before 8.45am**
- CLOSING DATE:** Postal entries: 17th August 2015 Online entries: 17th August 2015  
On-the-day entries to check-in by 8.45am  
ALL entries received after 17th August 2015 will be for collection on the day only.
- PRIZES:** Awards in all categories. For categories, please see our website: [www.arundelscouts.org.uk](http://www.arundelscouts.org.uk).  
Mementoes for all finishers. Presentations at approx. 11.30-45am
- DETAILS:** For more information call Race Secretary on 07931-125854. Further details and race chips will be sent on receipt of this entry form
- TEAMS:** All Teams must be entered as individuals. The first 4 finishers from each "club" will constitute a team.



**ENTRY FORM: ARUNDEL CASTLE 10K (please complete in BLOCK CAPITALS)**  
Apply online at: [www.bookitzone.com](http://www.bookitzone.com)

Cheques made payable to:  
**1st ARUNDEL SCOUTS**

Send this section of the entry form **with remittance and self-addressed envelope**

To: Race Secretary  
Carlow Cottage  
Crossbush Lane  
Crossbush, Arundel  
West Sussex, BN18 9PQ

*I hereby declare that I enter this race at my own risk and that no person(s) or organisation will be held responsible for any accident, injury or loss to myself prior to, during or after this event.*

Signed .....

Date .....

Surname and Forenames:		Male/Female:
Date of birth:	Telephone:	
Address:		
Postcode:		
Email Address:		
Club (if any):		W

