

Mid Sussex

Haywards Heath 10 Mile Race

10.30 am Sunday May 3rd 2015

Part of the Mid Sussex Marathon Weekend

which includes:

Mid Sussex East Grinstead 10 Mile – Saturday May 2nd 2015

Mid Sussex Burgess Hill 10K – Monday May 4th 2015

Run them individually – or take part in all three, run 26.2 miles and receive a specially designed Commemorative Mid Sussex Marathon Weekend Medal

Team relay option with three people running approx. 3.3 miles each

The Mid Sussex Mile – a new feature 1 mile race for both junior runners and adults.

Ideally suited to those new to running.

All three races held under UKA Rules. UKA Licence applied for

An undulating road, trail and pathway course in and around Haywards Heath, using mainly traffic free routes. The course includes a town centre start and a finish in Victoria Park. Would suit runners of all standards including those new to 10 mile races. Times in this race count towards overall series prizes for those completing all 26.2 miles over the three races.

Prizes/trophies for: 1st, 2nd, 3rd Males; 1st in Male Vet Categories 1-7; 1st Under 18; 1st Male Team (of 3)
1st, 2nd, 3rd Ladies, 1st in Female Vet Categories 1-7; 1st Under 18; 1st Female Team (of 3)

Venue: Orchard Shopping Centre, Haywards Heath, West Sussex RH16 3QH

Toilets, changing and refreshments available. Attractions and entertainment on the day

ENTRY FEE: 10 Mile races £16.00 attached £18.00 unattached £20.00 on the day
10K race £13.00 attached £15.00 unattached £2 extra on the day
Entry for all three races £34.00 £40.00 unattached

Relay entry £36.00 per three person team; Mid Sussex Mile Races £3.00

ENTRY LIMIT: 500. Closing date for postal entries April 30th but entries accepted on day subject to availability

CHEQUES: Payable to 'Place for People Leisure LTD' MORE INFORMATION: 01797 230009

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

ENTER ONLINE AT Please visit www.nice-work.org.uk for links to online entry facilities.

Medals to all finishers - plus plenty of goodies at the finish!!

Race website www.midsussexmarathonweekend.co.uk

Postal entry form overleaf



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Haywards Heath 10 Mile Race

10.30 am Sunday May 3rd 2015

Please enter me/us for: Mid Sussex Haywards Heath 10 Mile [] Mid Sussex East Grinstead 10 Mile []
Mid Sussex Burgess Hill 10K [] All three events []
Three Person relay (for 10 mile races only) []

Mid Sussex Mile Race at _____

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 3/5/2015 _____ GENDER: Male/Female (delete as applicable)

For Relay – additional team members

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 3/5/2015 _____ GENDER: Male/Female (delete as applicable)

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 3/5/2015 _____ GENDER: Male/Female (delete as applicable)

ADDRESS FOR RACE INSTRUCTIONS/NUMBERS _____

_____ Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. FOR RELAY: TEAM NAME _____

I declare I will be over 16 years of age to enter the 10 mile races; over 13 years of age to enter the team relay; and 15 to enter the 10k race. 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.

Are you running to help raise funds for a charity, community group or good cause? Yes [] No []. If yes, which good cause are you supporting?

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 []

For more information, please contact the Sussex Living Marathon Weekend Office on 01797 230009.

Alternatively, please visit the race website www.midsussexmarathonweekend.co.uk, email info@nice-work.org.uk or visit www.nice-work.org.uk

