



The 11th Rye 10 & 5 Mile

Sunday 29th May 2022 10.00 am

Organised in conjunction with the Peasmarsh Memorial Hall Committee
to help raise funds for the Village Hall.

Held under UK Athletics Rules. UKA Licence applied for. Accurately Measured Course.

This challenging 10 mile road race covers the quiet lanes through the stunning countryside outside Rye. The race begins and finishes in Peasmarsh, just outside Rye on the A268. There is also a 5 mile option available! Plenty of on site parking.

***** Bespoke Medal and Finish Line goodies to all finishers *****

***** Chip timing *****

10 Mile prizes and 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)

Prizes in the 5 mile for 1st, 2nd and 3rd Male and Female

Venue: Race HQ: Jempson's Supermarket, Main St, Peasmarsh Nr Rye TN31 6YD

Parking adjacent to the Cock Inn at Jempson's Supermarket

ENTRY FEE: 10 MILE £20.00 ATTACHED £22.00 UNATTACHED £25.00 ON THE DAY
5 MILE £16.00 ATTACHED £18.00 UNATTACHED £20.00 ON THE DAY

ENTRY LIMIT: 500. Postal closing date is 25th May but entries accepted online until midnight 25th May and on the day subject to availability

PLEASE ENCLOSE: LARGE SAE.

CHEQUES: Payable to 'Active House LTD'

ENTRIES: Nice Work, Office 3, Rye Wharf, Harbour Road, Rye, East Sussex, TN31 7TE

MORE INFO & ONLINE ENTRY LINKS: www.nice-work.org.uk

FURTHER INFORMATION AVAILABLE ON 01797 229955

PLEASE ENTER ME FOR THE RYE 10 MILE RACE [] 5 MILE []

PLEASE COMPLETE THE BELOW FORM IN BLOCK CAPITALS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 29/05/2022 _____

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 17 years of age for the 10 mile and 16 years of age for the 5 mile on 29/05/22 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 [].