

# Mid Sussex

## East Grinstead 10 Mile Race

10.30 am Saturday May 2<sup>nd</sup> 2015

Part of the Mid Sussex Marathon Weekend

which includes:

Mid Sussex Haywards Heath 10 Mile – Sunday May 3<sup>rd</sup> 2015

A Sussex Grand Prix race

Mid Sussex Burgess Hill 10K – Monday May 4<sup>th</sup> 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 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

You might not want to run this race too fast! An undulating trail and pathway course in and around the stunning Mid Sussex countryside just outside East Grinstead, using mainly traffic free routes. 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:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Males; 1<sup>st</sup> in Male Vet Categories 1-7; 1<sup>st</sup> Under 18; 1<sup>st</sup> Male Team (of 3)  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Ladies, 1<sup>st</sup> in Female Vet Categories 1-7; 1<sup>st</sup> Under 18; 1<sup>st</sup> Female Team (of 3)

**Venue:** East Grinstead

**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 24<sup>th</sup> but entries accepted on day subject to availability

**CHEQUES:** Payable to 'Places 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](http://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](http://www.midsussexmarathonweekend.co.uk)

Postal entry form overleaf



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## East Grinstead 10 Mile Race

### 10.30 am Saturday May 2<sup>nd</sup> 2015

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

Mid Sussex Mile Race at \_\_\_\_\_

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON 02/05/2015 \_\_\_\_\_ GENDER: Male/Female (delete as applicable)

#### For Relay – additional team members

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON 02/05/2015 \_\_\_\_\_ GENDER: Male/Female (delete as applicable)

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON 02/05/2015 \_\_\_\_\_ 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 Mid Sussex Marathon Weekend Office on 01797 230009.

Alternatively, please visit the race website [www.midsussexmarathonweekend.co.uk](http://www.midsussexmarathonweekend.co.uk), email [info@nice-work.org.uk](mailto:info@nice-work.org.uk) or visit [www.nice-work.org.uk](http://www.nice-work.org.uk)

