



The Coastbuster

10 Mile & 10k

Sunday 20th November 2022

10k & 10 Miler 10.00am Start, Children's Race 9.30am Start

Organised by Nice Work in conjunction with Thanet's Local Running Club Coastal Striders

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

Join us for this brand new event for Thanet. The undulating 10 mile road race covers the seafront and roads in and around Ramsgate. The race begins and finishes on the Westcliffe Promenade. The race is open to runners of all abilities and if the 10 mile distance is too far, why not take on the 10k option!

***** Bespoke Medal 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)

10k trophies for:

1st, 2nd and 3rd Male and Female

Race HQ: Government Acre, Westcliff Promenade, Ramsgate, CT11 0EY

ENTRY FEE:	10 MILE	£20.00 ATTACHED	£22.00 UNATTACHED	£25.00 ON THE DAY
	10k	£16.00 ATTACHED	£18.00 UNATTACHED	£20.00 ON THE DAY
	CHILDRENS RACE	£4.00		

ENTRY LIMIT: 500. Postal closing date is 15th November but entries accepted online until midnight 19th November and on the day subject to availability

CHEQUES: Payable to 'Coastal Striders'

ENTRIES: Race Director, 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 COASTBUSTER 10 MILE [] 10k []

I WOULD LIKE TO PURCHASE A SOUVENIR TECHNICAL T-SHIRT FOR £8 IN SIZE XS S M L XL

PLEASE COMPLETE THE BELOW FORM IN BLOCK CAPITALS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 20/11/2022 _____

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 15 years of age for the 10k on 20/11/22 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 []: