

SPONSORED BY DAVID JORDAN ESTATE AGENTS

SEAFORD STRIDERS PRESENT RUNNING CLUB



THE PERFECT
PRE-CHRISTMAS APPETISER

www.seafordstriders.org.uk

HELD UNDER UK ATHLETICS RULES. LICENCE NO: TBC

The Mince Pie Ten Mile

11.00AM SUNDAY 5th DECEMBER 2021

Please Note You Can Now Enter Online
Visit www.seafordstriders.org.uk
For More Details



THIS YEAR'S CHARITY WILL BE ANNOUNCED SHORTLY

START/FINISH: PEACEHAVEN LEISURE CENTRE, GREENWICH WAY, PEACEHAVEN, EAST SUSSEX, BN10 8BB
COURSE: APPROX 4 MILES OF ROAD, 6 MILES OFF-ROAD, WITH SOME HILLS!
ENTRY FEE: £18 UK ATHLETICS REG: £20 NON-REG: (ALL ENTRIES ON THE DAY £20 SUBJECT TO RACE ENTRY LIMIT OF 600). **CHIP-TIMING BY NICE WORK**
CHEQUES PAYABLE TO SEAFORD STRIDERS. SORRY NO REFUNDS. NUMBERS WILL NOT BE TRANSFERABLE TO THE NEXT EVENT
ENTRIES TO: Mince Pie 10, Nice Work, Office 3, Rye Wharf, Harbour Road, Rye, East Sussex, TN31 7TE PLEASE ENCLOSE A STAMPED ADDRESSED ENVELOPE
 TEL: 01797 229955 E-MAIL: mincepie@seafordstriders.org.uk
IF YOU DO NOT SEND A SAE YOUR NUMBER WILL ONLY BE AVAILABLE ON THE DAY.
CLOSING DATE: SATURDAY 30th November 2019 FOR POSTAL ENTRIES (UNLESS 600 ENTRY LIMIT REACHED)
PRIZES: TROPHIES FOR 1ST 3 MEN & 1ST 3 WOMEN. XMAS PUDS FOR 1ST 5 MEN & 1ST 5 WOMEN
 Bespoke MEDAL, MINCE PIE & GOODY BAG FOR ALL FINISHERS. SPOT PRIZES

Runners please note that the wearing of headphones is not permitted during the run

IF YOU HAVE NOT RECEIVED YOUR RACE NUMBER BY FRIDAY 6TH DECEMBER 2019
PLEASE TELEPHONE: 01797 229955 OR E-MAIL: mincepie@seafordstriders.org.uk

PLEASE PRINT DETAILS BELOW

FORENAME: _____ SURNAME: _____

ADDRESS: _____

POST CODE: _____ TEL NO: _____

EMAIL: _____ ESTIMATED TIME (MINS): _____

UK ATHLETICS AFFILIATED CLUB: _____

AGE ON RACE DAY: _____ DOB: _____ SEX: M F ENGLAND ATHLETICS REG NO: _____

MINIMUM AGE OF ENTRANTS IS 17 YEARS. THE COURSE IS UNSUITABLE FOR WHEELCHAIRS, PRAMS OR PUSH CHAIRS. SORRY, **NO DOGS ALLOWED.**
IF YOU ARE SEEN RUNNING WITH A DOG YOU WILL BE DISQUALIFIED. NO REFUNDS. NUMBERS WILL NOT BE TRANSFERRED TO THE NEXT EVENT.

I HEREBY AGREE THAT THE ORGANISERS WILL NOT BE HELD RESPONSIBLE FOR ANY ACCIDENTS, INJURY, LOSS OR DAMAGE TO PERSONS OR POSSESSIONS
DUE TO MY PARTICIPATION IN THIS RACE. I CONSENT TO MY PERSONAL AND MEDICAL DETAILS BEING RELEASED BY THE MEDICAL TEAM TO THE RACE ORGANISER (TO INFORM NEXT OF KIN AND
STATUTORY AUTHORITIES) IN THE EVENT OF A MEDICAL EMERGENCY.

SIGNED: (PARENT/GUARDIAN IF UNDER 18) DATE:

DETAILS AND NUMBERS WILL ONLY BE SENT ON RECEIPT OF A COMPLETED ENTRY FORM, CORRECT ENTRY FEE AND STAMPED ADDRESSED ENVELOPE