



WADHURST RUNNERS



British Masters Athletic Federation

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**16th Bewl 15 Mile Race incorporating the
2nd British Master's Athletics Federation Multi Terrain Championship
Sunday 5th July 2015. Start at 10.30am prompt**

Best 15 mile race as consistently voted by readers of Runner's World

This is a Sussex Grand Prix Race Organised by Wadhurst Runners

£50 cash Prize to the 1st Male and Female. Plus extra £50 if either Course Records are Broken
UK Athletic Rules apply. UKA Permit No. 2015-13623. Race for runner's only. Time limit is 3hrs 30mins.

A challenging, undulating, multi-terrain race around the pretty Bewl Water. Chip Timing applies.

VENUE REGISTRATION & LATE ENTRIES: Uplands Sports Centre, Lower High Street, Wadhurst, TN5 6BA

START/FINISH: Opposite Uplands Sports Centre, Blacksmith's Lane, Wadhurst, East Sussex, TN5 6DN.

MEDALS, COMMEMORATIVE "T" SHIRT & GOODY BAG: FREE TO ALL FINISHERS. PLUS SPOT PRIZES.

TROPHIES: 1st/2nd/3rd Male and Lady Junior, Senior, Vet and Teams (of 3) and 1st/2nd/3rd of every Vet Category

PRIZES: 1st Junior, Senior, Vet Male and Ladies win a Paramo running jacket.

FREE COURTESY BUS: From Wadhurst Station to Uplands for trains arriving by 10.05am. Return is not guaranteed.

TOILETS, CHANGING and SHOWERS: available at the Uplands Sports Centre and in the main School building

ENTRY: £22 affiliated or £24 unaffiliated. On-the-day entry, if available, plus £2. CLOSING DATE: 4th July 2015

PLEASE ENCLOSE: A5 SAE and register ASAP. CHEQUES: Payable to 'Wadhurst Runners'. ENTRY LIMIT: 1,000.

ONLINE REGISTRATION: www.nice-work.org.uk

ENTRIES TO: Martin Burke, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

FREE FAMILY FUN DAY: At the Greyhound Pub and Uplands Sports Centre who offer a free supervised sports area and bouncy castle for children of all ages plus a play area for tots. FREE MASSAGE on a 1st come 1st served basis.

ADJUDICATOR: Kevin Battell. REFEREE: Graham Ashdown, whose decisions are final. COURSE RECORDS: See over.

WE THANK: Our Sponsors plus Bewl Water, Land Owner Tony Fountain, our helpers and the Little Pell Farmers

SURNAME: _____ FORENAME: _____

AGE ON 05/07/2015: _____ DATE OF BIRTH: _____ SEX: Male/Female _____

ADDRESS: _____

POST CODE: _____ TELEPHONE NO: _____ ENGLISH ATHLETICS LICENCE No: _____

EMAIL: _____ "T" SHIRT SIZE: XS/Sml/Med/Lge/XL (circle)

RUNNING CLUB: _____ AFFILIATED: Yes/No. Estimated Time: _____

BMAF CHAMPIONSHIP: To qualify for the BMAF MULTI TERRAIN CHAMPIONSHIP, please complete the following:

BMAF AFFILIATED CLUB: _____ BMAF MEMBERSHIP No: _____

I declare I am over 16 years of age on 05/07/2015 and agree the organisers shall not be liable for any injury, accident, loss or damage. I am medically fit & I will not run if unwell. If age under 18: this application must be signed by a parent or guardian. See over for the 2nd BMAF Multi Terrain Championship rules and Course Records.

SIGNATURE..... DATE.....

See our website www.bewl15.co.uk or our Facebook: www.facebook.com/pages/WadhurstRunners

New members are very welcome: email albertkemp@btinternet.com or telephone Albert on 01580 200024 for details.



Greyhound Hotel
& Public House
01892 783224



Energy Chewing
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