

# The 7<sup>th</sup> Rockabilly 5 Mile Race

Plus children's races, barbecue, bar and Live Rock 'n' Roll Music

Saturday May 23<sup>rd</sup> 2015

Races start from 5.00 pm (5 Mile race at 6pm)

Is this race the best kept secret in Sussex? This 5 mile cross country race in and around the countryside of Peasmarsh near Rye always receives fantastic feedback.

The course is beautiful, the event, whilst quirky, is great fun.

Running, rock 'n' roll, a bar and a barbecue - what more could you want?

**If you don't want to leave, you can camp on the site and enjoy a few drinks whilst our live band, the Memphis Flyers, keep you rocking!**

The race itself is around 5 miles in length covering trails, pathways and fields - with a few ups and downs to contend with. Supporting races are also available for children, walkers and dog walkers!

Main race at 6.00 pm with walkers and children's events from 5.00 pm.

**\*\* Medal to all finishers. \*\***

**Bring a picnic, enjoy our barbecue but whatever you do – don't go until the music stops!**

**Venue: The Royal Oak Pub, Peasmarsh Road, Rye Foreign, East Sussex TN31 7SY.**

ENTRY FEE: £11 attached /£13 unattached £2 extra on the day Children's Race £3 Walkers and Dog Walkers £5

ENTRY LIMIT: 250. Closing date May 16<sup>th</sup> but entries accepted on day subject to availability.

PLEASE ENCLOSE: Large SAE

CHEQUES: Payable to 'Nice Work'

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

**MORE INFO & ONLINE ENTRY LINKS: [www.nice-work.org.uk](http://www.nice-work.org.uk)**

**FURTHER INFORMATION AVAILABLE ON 01797 230009**

Please enter me for: 5 Mile [ ] Childrens Race [ ] (Dog) Walkers [ ]

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

AGE ON 23/05/2015 \_\_\_\_\_

Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB/TEAM NAME \_\_\_\_\_

Affiliated Yes/No.

I declare I will be 15 years of age or over for the 5 Mile event. 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 Marshall'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 [ ].