



Chip Timing & Entry Management Provided by



Start time - 10:00

Organised by Benfleet Running Club

Held under UK Athletics Rules. UKA Licence applied for.

Race sold out in since 2018 so early entry is advised

Returning for the 31st time, the Benfleet 15 is a challenging 15-mile multi terrain course incorporating sections of the Canvey Island Sea Wall, and the undulating Hadleigh Downs. The race starts and finishes in Hadleigh Country Park. Please note the course is unsuitable for wheelchair competitors or spikes.

***** Medal to all finishers * Chip timing! * Technical T-shirt available to purchase ***
Plus prizes and trophies for various age categories**

Prizes awarded by gun time as per UKA Rules

Race HQ: Hadleigh Country Park, Chapel Lane, Hadleigh, Essex, SS7 2PP

ENTRY FEE: £25.00 AFFILIATED £27.00 UNAFFILIATED £30.00 ON THE DAY

ENTRY LIMIT: 800. Postal closing date is 12th January but entries accepted on the day subject to availability

CHEQUES: Payable to 'Benfleet Running Club'

ENTRIES: The Benfleet 15, Nice Work, Office 3, Rye Wharf, Harbour Road, Rye, TN31 7TE

All Race numbers to be delivered.

MORE INFO & ONLINE ENTRY LINKS: www.nice-work.org.uk

FURTHER INFORMATION AVAILABLE ON 01797 229955

PLEASE ENTER ME FOR THE BENFLEET 15 []

I WOULD LIKE TO PURCHASE A T-SHIRT IN FOR £7 XS S M L XL XXL

PLEASE COMPLETE THE BELOW FORM IN BLOCK CAPITALS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 16/01/2022 _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I declare I will be over 17 years of age on 16/01/22 for the 15-mile race 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. Numbers must not be transferred without notifying the Race Director. Any runner seen running under someone else's name will be disqualified. I will also obey all Marshal's and organiser's instructions. Should the event be cancelled, all entries will be transferred to 2023. Please park in designated areas failure to do so could result in disqualification. 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 []