

The 8th Hove Prom 10K A Sussex Grand Prix Event

Hosted by Arena80 Running Club

20th SEPTEMBER 2015 - Start 10.00 AM

- Accurately measured
- UKA race licence applied for
- Start and finish at Hove Lagoon- two lap course
- Flat and fast - kilometre markers
- Chip timing
- Minimum age limit 16 on the day of event, sorry no baby buggies or dogs
- **Cut off time 80 minutes**



**Individual prizes of £50 for 1st man and 1st woman
£80 prize if course record is broken (Male: **31.29** Female: **37.31**)**

Postal entry fee: £15.00 (to claim UKA discount of £2.00 submit your registration number below*)
Entry on the day £17.00 for all **IF AVAILABLE** (entries on the day will be entitled to prizes)
1st class post closing date 13 September - Results free from www.arena80.co.uk

Cheques payable to ARENA 80 AC - Please include a 23cm x 16cm stamped addressed envelope to;

HP10K, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex, TN31 6TA

Please note if you use a large, A4 size envelopes you will require a large letter value of stamps

Online entries are available at www.nice-work.org.uk

Entry Details			
First Name		DOB	Age on race day
Surname		Male/Female	
Address		*UKA Registration Number	
		Club	
Email		Tel.	

Please tick relevant boxes

Entry fee	£15.00	UKA Discounted* entry £13.00	SAE enclosed	Cheque enclosed
-----------	--------	---------------------------------	--------------	-----------------

I understand the organisers shall not be liable for any accident, injury, loss or damage due to participation in this event.

Signed _____