



The Titsey Trail 10K, Sunday 17th October 2021, 10.00am

Jointly organised by Oxted Runners and Holland Sports AC.

An off-road, single-lap course, with Race HQ near Limpsfield Chart Golf Club (nearest postcode RH8 0SL)

The race uses Nice Work timing chips and is open to runners of all abilities.

Prizes for: 1st, 2nd, 3rd Male and Male Vet Categories 40, 50 and 60+
1st, 2nd, 3rd Lady and Lady Vet Categories 35, 45 and 55+

ENTRY LIMIT: 400

ENTRY FEE: £16.00 affiliated.

£18.00 unaffiliated (entrant not a member of a UK Athletics or ARC affiliated club)

Race Numbers with Timing Chips to be collected from Race HQ on race day



FULL RACE DETAILS AVAILABLE AT: www.titseytrail10k.co.uk

ENTER ONLINE BY VISITING: www.nice-work.org.uk **RACE ENQUIRES HELPLINE:** 01797 229955

POSTAL ENTRIES: Closing date 13th October 2021. **CHEQUES:** Payable to 'Titsey Trail 10K'

SEND TO: Titsey Trail 10K, Office 3, Rye Wharf, Harbour Road, Rye, East Sussex, TN31 7TE

Please complete the form, below, in **BLOCK CAPITALS** for a postal entry to the Titsey Trail 10K.

SURNAME _____ **FORENAME** _____ **DATE OF BIRTH** _____

AGE ON 17/10/2021 _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

_____ **Post Code** _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB (if a member) _____

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

I declare I will be over 16 years of age on race day 17/10/21 and I agree that the organizers 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 marshal's and organiser's instructions. If under 18 years of age, entry form should be signed by a parent/guardian.

SIGNATURE.....**DATE**.....

Occasionally, Nice Work would like to tell you about their races and events. If you'd prefer not to receive this information, please tick here []

Occasionally, Oxted Runners would like to tell you about our races and events. If you'd prefer not to receive this information, please tick here []