

# Folkestone Coastal 10K

Sunday May 31<sup>st</sup> 2015 at 10.00 am



Plus Children's Race at 9.30 am

Held under UK Athletics Rules. UKA Licence 2014-105239.

In support of local charitable causes. Race is 10 kilometres, from Folkestone towards Hythe and back, flat promenade and traffic free. Participants are encouraged to run for their chosen charity.

**\*\* Medal to all finishers \*\* Spot prizes \*\* Chip timing \*\***

**\*\* Changing Facilities \*\* Refreshments \*\* Massage \*\* Shop \*\* Fabulous Folkestone! \*\***

**Prizes/trophies for leading runners. Medal to every finisher plus spot prizes**

**Prizes:** £100 for 1<sup>st</sup> Man and 1<sup>st</sup> Lady finisher (sponsored by Independent Insurance Services)

2<sup>nd</sup>, 3<sup>rd</sup> Males, First Male Junior, Senior & Vet Categories 1-7, 1st Male Team (3 to score) 1<sup>st</sup> Male Corporate Team

2<sup>nd</sup>, 3<sup>rd</sup> Ladies, First Lady Junior, Senior & Vet Categories 1-7, 1st Lady Team (3 to score) 1<sup>st</sup> Female Corporate Team

**Venue:** at The Old Rotunda Site, Folkestone, Kent, CT20 1PX

**ENTRY FEE:** £13.00 attached £15.00 unattached £20 on the day. Children's Race £2.00

Race numbers will be sent out around two weeks before race day and entries received after May 11<sup>th</sup> must be collected on the day. We regret the race is unsuitable for wheelchairs and disabled athletes.

**ENTRY LIMIT:** 1,000. **CLOSING DATE:** for postal entries May 24<sup>th</sup> 2015

**PLEASE ENCLOSE:** large SAE. **CHEQUES:** Payable to 'Folkestone Coastal 10K'

**POSTAL ENTRIES TO:** Folkestone Coastal 10K, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA.. Entries available on the day, subject to race limit not being reached.

Enquiries/more information: 01797 230009 [info@nice-work.org.uk](mailto:info@nice-work.org.uk)

Race website to download entry form [www.folkestonecoastal10K.co.uk](http://www.folkestonecoastal10K.co.uk)

Please complete and return along with your cheque payable to Folkestone Coastal 10K.

Please enter me for the 10K [ ] Children's Race [ ]

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

AGE ON 31/05/2015 (Min age for 10K is 15) \_\_\_\_\_

Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

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

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

RUNNING CLUB/CORPORATE TEAM \_\_\_\_\_ Affiliated Yes/No. Estimated Time \_\_\_\_\_

IF YOU ARE RAISING MONEY FOR CHARITY, HOW MUCH DO YOU EXPECT TO RAISE AND FOR WHOM?

\_\_\_\_\_ £ \_\_\_\_\_

I declare I will be over 15 years of age on 31/05/2015 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. I will also obey all Marshall's and organiser's instructions. I understand that the fee is not refundable and that race numbers are not transferrable. UNDER THE TERMS OF THE DATA PROTECTION ACT 1984 WE ARE REQUIRED TO INFORM YOU THAT THIS INFORMATION IS HELD ON COMPUTER FOR RACE ADMINISTRATION ONLY. If you do not wish to receive future information about the Folkestone Coastal 10K please tick here

If under 18 years of age application should be signed by a parent/guardian.

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

Main Sponsor: **Independent Insurance Services / Insure Green**

Supported by: Roger De Haan Charitable Trust, KLM, Folkestone Harbour Company

Metroline Security, F J Fullick Electrical, Red Dragon IT, Shepway Glass.

