

The race follows the Deal Seafront Promenade starting and finishing near Deal Sea Scout's hut. Totally flat & traffic free, the course promises fast times! M2-A2-DOVER-A258-DEAL. Follow A 2 5 8 into Deal (Seafront on right), Race HQ is at Deal Sea Scout Hut, Marine Rd, Deal. Nr Deal Castle.

# DEAL CASTLE 5 MILE RUN

PROMOTED BY  
**DEAL TRI**

Surname	Male/Female
First Name	Date of Birth
Address	Age (on race day)
	Telephone
	Email
Postcode	Club
	UKA No.

Up to the age of 14yrs      1,500 metres £ 3  
 Senior (15yrs & over)      5 miles  
 In advance: £16 (£14 affiliated club)  
 On the day: £20

I declare that I am an Amateur as defined by UKA rules, I am 15 or over (14 and under for junior race) on race day and that I am medically fit to compete and enter at my own risk. The organisers shall not be liable for any injury to my person, nor for the loss or damage to my property as a result of my participation in the race.  
 NB Parent/Guardian to sign for under 16 yrs.

Signature	Date
-----------	------

Send entry with cheque payable to DEAL TRI LIMITED to: Deal 5Mile – c/o Nice Work, Office 3, Rye Wharf, Harbour Road, Rye, East Sussex, TN31 7TE.

STRICT Closing date for postal entries: **29/10/21**. Please enter as soon as possible to help with administration



**JUNIORS (Up to 14yrs) 1,500m**  
**SENIORS 5 Miles**

**RACE INFO**  
**SUNDAY 7th NOVEMBER 2021**  
 10.00am Juniors Deal Seafront  
 10.30am Seniors Deal Seafront

**UKA RULES Race Memento** UKA PERMIT applied for  
 Prizes Male & Female: Junior, Senior, Vet, Supervet & Team

[www.dealtri.co.uk](http://www.dealtri.co.uk)

