

Arundel Castle 10k

9.30am on Sunday 24th August 2014



COURSE: The race starts in Arundel Town Centre. Following a circuit of the town, runners enter the grounds of Arundel Castle by the lower gates, climb through the grounds, loop around the gallops and return back through the lower gates to the finish in the Town Square. The course is on a mixture of tarmac road (75%) and downland grass tracks (25%)

ENTRY FEE: Postal entries £13 Online entries: £14.70 (incl. admin fee)
Entry On-The-Day: £16 (includes entry and chip)

AGE LIMIT: All entrants must be aged 16 or over on the day of the race

ENTRANTS LIMIT: 700 runners

ENTRIES TO: Entries Secretary, Carlow Cottage, Crossbush Lane, Crossbush, BN18 9PQ

CHEQUE Or PO: Made payable to '1st ARUNDEL SCOUTS' **WITH AN A5-SIZED STAMPED ADDRESSED ENVELOPE (9.5 X 6.5). If there is no envelope with your postal entry, your number and chip must be collected from Race HQ on the day before 8.45am**

CLOSING DATE: Postal entries: 11th August 2014 Online entries: 15th August 2014
On-the-day entries to check-in by 8.45am
ALL entries received after 11th August 2014 will be For Collection On-the-Day only

PRIZES: Awards in all categories. For categories, please see our website: www.arundelscouts.org.uk.
Mementoes for all finishers. Presentations at approx. 11.30-45am

DETAILS: For more information call Race Secretary on 07931-125854. Further details and race chips will be sent on receipt of this entry form

TEAMS: All Teams must be entered as individuals. The first 4 finishers from each "club" will constitute a team.



ENTRY FORM: ARUNDEL CASTLE 10K (please complete in BLOCK CAPITALS)
Apply online at: www.bookitzone.com

Cheques made payable to:
1st ARUNDEL SCOUTS

Send this section of the entry form **with remittance and self-addressed envelope**

To: Race Secretary
Carlow Cottage
Crossbush Lane
Crossbush, Arundel
West Sussex, BN18 9PQ

I hereby declare that I enter this race at my own risk and that no person(s) or organisation will be held responsible for any accident, injury or loss to myself prior to, during or after this event.

Signed

Date

Surname and Forenames:		Male/Female:
Date of birth:	Telephone:	
Address:		
Postcode:		
Email Address:		
Club (if any):		W

