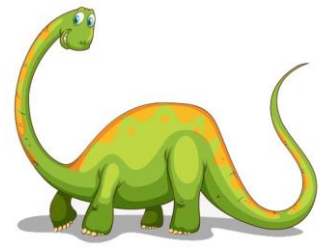




# Dinosaur 10K



## Deal Tri Presents:

The 36<sup>th</sup> Deal Regatta Association Carnival  
10Km Road Race and Junior 1500m Fun Run

### 22nd July 2018

### 10K – 10am Start

### 1500m Fun Run – 9:15am start

### Adult & Junior Races both Chip Timed

START AND REGISTRATION AT WALMER SEA SCOUT HUT  
ON DEAL SEAFRONT, NEAR DEAL CASTLE

Limit 400 runners

Accurately measured scenic undulating course

**£30 Prize & Trophies to 1<sup>st</sup> Male & Female finishers**

**Cash prizes for 2<sup>nd</sup> & 3<sup>rd</sup> Male & Female finishers, plus prizes for age group, first married couple and team winners & medals to all finishers**

Under UK athletic rules, standard medical cover, drinks stations & refreshments

This race is part of the Deal Regatta & Carnival Week for info call 01304 381990

Dinosaur 10K & Fun Run Info 01304 614113

Competitors baggage storage area. UKA licence applied for.

**IN MEMORY OF ROGER FRANCIS-DARBY AND IN AID OF SKIN CANCER**



Detach here-----

**ENTRY FORM or enter on-line at [www.nice-work.org.uk](http://www.nice-work.org.uk) (subject to a booking fee)**

Surname \_\_\_\_\_

Male / Female      Age (on race day) \_\_\_\_\_

First Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

\_\_\_\_\_

E-mail \_\_\_\_\_

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

UKA Reg No. \_\_\_\_\_

Club \_\_\_\_\_

Fee's: £14.00 (Affiliated Club members) £16.00 (Unattached) **Adult Entries on day £18.00**

Juniors: £3.00 **Junior entries on the day £5.00**

Name of School (School Trophy award) .....

School trophy will be awarded to the school with the most junior entries, plus the school will receive a sports voucher to the value of £75.00 from Your Leisure Kent Ltd.

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.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian signature required for under 16's

Married running couples tick box

Send form & cheque payable to DEAL TRI LTD to: Dinosaur 10K – c/o Teviot, Malthouse Lane, Peasmarsh, East Sussex, TN31 6TA. STRICT Closing date for postal entries: 16/07/2018. Please enter as soon as possible to help with administration. [www.dealtri.co.uk](http://www.dealtri.co.uk) Deal Tri registered as Deal Tri Limited.