



The Bedgebury Forest Twilight Run

Saturday 22nd September 2018 7.00 pm

Held under UK Athletic Rules. UK Licence applied for.

Join us within the beautiful confines of the Bedgebury Pinetum at Twilight for this brand new 10k head torch race using the undulating forest paths and trails. The event is open to runners of all abilities, from novices to experienced athletes. There will be bespoke medals and goodies on offer to all finishers. The Bedgebury Café will be open serving hot food, and with a children's race why not bring the family down for an evening out! Your entry fee includes vehicle admission charges.

**** Bespoke medal to all finishers ** Chip Timing ****

Prizes/trophies in for: 1st, 2nd, 3rd Males, Vet Categories 40 - 75, First Male Team (of 3)
1st, 2nd, 3rd Ladies, Vet Categories 35 - 70, First Lady Team (of 3)

Prize giving and presentation approx 60 minutes after first runner home in each race

**Race HQ: Bedgebury National Pinetum & Forest,
Bedgebury Road, Goudhurst, Kent, TN17 2SJ**

ENTRY FEE: £16.00 affiliated £18.00 unaffiliated £20 on the day
Children's Race – 6:45 pm - £4.00

Entry fees include vehicle admission charges

Please note head torches must be worn to take part in the event.

ENTRY LIMIT: 350. Postal closing date is 18th September but entries on the day subject to availability

PLEASE ENCLOSE: SAE. CHEQUES: Payable to 'Nice Work'

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

Enquiries/more information: 01797 229955

ENTER ONLINE PLEASE VISIT www.nice-work.org.uk

Please enter me for the Bedgebury Twilight Run [] Children's race []

Please reserve me a souvenir technical t-shirt for £8

Please complete the below form in **BLOCK CAPITALS**.

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 22/09/2018 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ VEHICLE REGISTRATION _____

THIS IS TO ENSURE FREE ADMISSION INTO THE FOREST

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

I declare I will be over 15 years of age for the 10k on 22/09/18 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 Marshall's and organiser's instructions. If under 18 years of age, entry form should be signed by a parent/guardian.

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

Occasionally, we'd like to tell you about some of our other races and events but if you'd prefer not to receive this information, please tick here []