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Girlings Solicitors

Ashford & District 10K Entry Form

Sunday February 4th 2018 at 11.00am

Held under UK Athletic Rules. UKA Licence applied for.

Race organised on behalf of Ashford & District RRC by Nice Work

An extremely popular rural run with fast times expected. Fast, scenic and accurately measured course and runners of all standards welcome. The home stretch is straight and largely downhill-ish, so a fast finish is guaranteed!

**** Bespoke medal to all finishers****

Prizes/trophies for 1st, 2nd & 3rd Male and Female; 1st in all age categories from Junior to Vet 8
1st Male & Female affiliated Team (3 to count)

Prize giving and presentations approx 60 minutes after first runner home

Venue: Sandyacres, Sandyhurst Lane, Ashford, TN25 4PE

Chip timing, Changing, Toilets, Showers, Onsite parking, Refreshments

ENTRY FEE: £15.00 affiliated £17.00 unaffiliated £20 on the day

ENTRY LIMIT: 1200. Postal closing date is January 31st

Entries available on the day subject to limit not being reached.

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Ashford & District RRC'

POSTAL ENTRIES TO:

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

Enquiries/more information: 01797 229955

ENTER ONLINE www.nice-work.org.uk

Visit the Ashford & District 10K Race Website www.ashfordandddistrict10k.co.uk

Ashford & District 10K.

Please complete in block capitals and return along with your cheque and a large sae.

Please reserve me a souvenir technical running t-shirt for £8.00 in size XS S M L XL (Circle size)

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 4/02/2018 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

_____ Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____

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 on 04/02/18 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. If under the age of 18, this entry form should be signed by a parent or 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 []

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