



The Wendover Woods Half Marathon & 10k Sunday 10th March 2019 10.00 am

Held under UK Athletic Rules. UK Licence applied for.

Join us for this brand new half marathon race using the undulating forest paths and trails in and around Wendover Woods. The event is open to runners of all abilities, from novices to experienced athletes and is perfect for fitting into Spring marathon training plans. If half marathon is too far why not try the 10k option? There will be bespoke medals and goodies on offer to all finishers.

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

Prizes/trophies in half: 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)
Prizes in 10k for leading runners

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

Race HQ: Wendover Wood, Upper Icknield Way, Ashton Clinton, HP22 5NQ

ENTRY FEE: Half Marathon £21.00 affiliated £23.00 unaffiliated £25 on the day
10k £16.00 affiliated £18.00 unaffiliated £20 on the day

ENTRY LIMIT: 700. Postal closing date is 5th March 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 Wendover Woods Half Marathon [] 10k []

I would like to purchase a souvenir technical t-shirt for £10 in size XS S M L XL

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

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 10/03/2019 _____

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 17 years of age for the Half Marathon and 15 years of age for the 10k on 10/03/19 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 []