



The 2018 Crowborough 10km road race / 5km fun run



Sunday 25th November 2018, 10am

Where: Beacon Academy, North Beeches Road, Crowborough, East Sussex, TN6 2AS. Changing and showers available.

Course: Two lap course (10k) one lap for the 5k. Certificate of accuracy No.SEAA.05/069. A Sussex Grand Prix event run under UK Athletic Rules. Race licence applied for. Course not suitable for wheelchair users.

Entries: Online entries at <http://www.nice-work.org.uk> or post this form to: Crowborough 10k, Nice Work, Teviot, Malthouse Lane, Peasmarsch, East Sussex, TN316TA. All numbers to be collected on the day this year, no S.A.E. needed.

Entry fee: **10k:** £14 unattached / £12 attached(official UKA running club) / day £16 subject to availability. **5k:** £8 in advance/ £10 on the day. Cheques payable to Crowborough Runners.

Closing date: 22nd November 2018. Race entry limit 600 – entries closed when limit is reached.

Information: Please see our website for detailed race information at www.crowboroughrunners.org.uk

Small print: Every effort will be made to run the race and to reschedule if extreme weather does not allow it; however the organisers reserve the right to cancel the race if this is not possible, sorry no refunds.



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Please enter me in the 2018 Crowborough 10K Road Race / 5k fun run

First Name: Last Name:

Your Address:

Tel Number: Email address: (Neatly PLEASE!).....

Your age on Race Day: Date of Birth: Gender: Male / Female (please circle)

UK Athletics Affiliated Club: UK Athletics Number:

I am over 16 years. I hereby agree that any participation by me in the race is solely and entirely at my own risk and (to the extent permitted by law) no person(s) or organisation(s) shall be liable for any accident, harm, injury, loss or damage to property, however so caused, arising out of or in connection with or, suffered during or as a result of, my participation in the race. I acknowledge that running is an endurance sport and I should only compete in this race if I am in good health on the day of the race.

I agree that you may publish my personal information as part of the results of the race and may pass such information to any relevant organisation for the purpose of insurance, licences or for publishing race results related to this race. Results may include (but may not be limited to) your name, your affiliated club, race times and age category



Signed

Date

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