



# The East Peckham 10K

Sunday 4<sup>th</sup> August 2019 at 10.00am

Organised on behalf of Paddock Wood & District Lions Club

Held under UK Athletic Rules. UKA Licence applied for

Fast and flat 10K along the lanes surrounding East Peckham.

Great pb potential!!

**\*\*Medal and finish line goodies to all finishers\*\***

Prizes for: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Males, 1<sup>st</sup> Male Vet Categories 1-7, First Male Team (of 3)  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Ladies, 1<sup>st</sup> Female Vet Categories 1-7, First Lady Team (of 3)

Prize giving and presentations approx 60 minutes after first runner home

**Race HQ: East Peckham Playing Fields, Pippin Road, East Peckham,  
Tonbridge, Kent, TN12 5BT**

ENTRY FEE: 10K £15.00 attached £17.00 unattached £20.00 on the day  
ENTRY LIMIT: 600. Postal closing date is 31<sup>st</sup> July but entries accepted on day subject to availability  
Please enclose a large SAE. Cheques payable to 'Paddock Wood & District Lions Club'  
ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA  
Further information or enquiries tel. 01797 229955  
**ENTER ONLINE [www.nice-work.org.uk](http://www.nice-work.org.uk)**

Please enter me for The East Peckham 10K [ ]  
Please complete the below entry form in BLOCK Capitals

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON 04/08/2019 \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

\_\_\_\_\_

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

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB \_\_\_\_\_ Affiliated Yes/No. Estimated Time \_\_\_\_\_

I declare I will be over 15 years of age on race day 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 18 years of age application 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 [ ]