



# The 8<sup>th</sup> Rye 10

## Sunday 26<sup>th</sup> May 2019 10.00 am

### A Sussex Grand Prix race

Organised in conjunction with the Peasmarsh Memorial Hall Committee  
to help raise funds to restore the Village Hall.

Held under UK Athletics Rules. UKA Licence applied for. Accurately Measured Course.

This challenging 10 mile road race covers the quiet lanes through the stunning countryside outside Rye. The race begins and finishes in Peasmarsh, just outside Rye on the A268. Plenty of on site parking and refreshments.

**\*\*\* Bespoke Medal and Finish Line goodies to all finishers \*\*\***

**\*\*\* Chip timing \*\*\***

**Plus prizes and trophies for:**

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Males; 1<sup>st</sup> in Male Vet Categories 1-7; 1<sup>st</sup> Under 18; 1<sup>st</sup> Male Team (of 3)

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Ladies, 1<sup>st</sup> in Female Vet Categories 1-7; 1<sup>st</sup> Under 18; 1<sup>st</sup> Female Team (of 3)

**Venue: Race HQ: Jempson's Supermarket, Main St, Peasmarsh Nr Rye TN31 6YD**

**Parking adjacent to the Cock Inn at Jempson's Supermarket**

ENTRY FEE: £16.00 ATTACHED £18.00 UNATTACHED £20.00 ON THE DAY

ENTRY LIMIT: 500. Postal closing date is 23<sup>rd</sup> May but entries accepted online until midnight 25<sup>th</sup> May and on the day subject to availability

PLEASE ENCLOSE: LARGE SAE.

CHEQUES: Payable to 'Nice Work'

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

**MORE INFO & ONLINE ENTRY LINKS: [www.nice-work.org.uk](http://www.nice-work.org.uk)**

**FURTHER INFORMATION AVAILABLE ON 01797 229955**

PLEASE ENTER ME FOR THE RYE 10 MILE RACE [ ]

PLEASE COMPLETE THE BELOW FORM IN BLOCK CAPITALS

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

AGE ON 26/05/2019 \_\_\_\_\_

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 17 years of age on 26/05/19 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 Marshal'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 [ ].