



Sunday May 26th 2019 at 10.00 am

Plus Children's Race at 9.30 am

Held under UK Athletics Rules. UKA Licence applied for.

In support of local charitable causes. Race is 10 kilometres, from Folkestone towards Hythe and back, flat promenade and traffic free. Participants are encouraged to run for their chosen charity.



**** Medal to all finishers ** Spot prizes ** Chip timing ** Souvenir shirt available to purchase ****

**** Changing Facilities ** Refreshments ** Massage ** Shop ** Fabulous Folkestone! ****

Prizes/trophies for leading runners. Medal to every finisher plus spot prizes

Prizes: £100 for 1st Man and 1st Lady finisher (sponsored by Independent Insurance Services)

2nd, 3rd Males, First Male Junior, Senior & Vet Categories 1-7, 1st Male Team (3 to score) 1st Male Corporate Team

2nd, 3rd Ladies, First Lady Junior, Senior & Vet Categories 1-7, 1st Lady Team (3 to score) 1st Female Corporate Team

Venue: at Coastal Park, near Leas Cliff Lift lower station, Folkestone, Kent (sat nav: CT20 1PS)

ENTRY FEE: £15.00 attached £17.00 unattached £20 on the day. Children's Race £2.00

Race numbers will be sent out around two weeks before race day and entries received after May 18th must be collected on the day. We regret the race is unsuitable for wheelchairs and disabled athletes.

ENTRY LIMIT: 1,000. **CLOSING DATE:** for postal entries May 22nd 2019

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Folkestone Coastal 10K'

POSTAL ENTRIES TO: Folkestone Coastal 10K, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA. Entries available on the day, subject to race limit not being reached.

Enquiries/more information: 01797 229955 info@nice-work.org.uk

Race website to download entry form www.folkestonecoastal10K.co.uk

Please enter me for the Folkestone Coastal 10K [] Children's Race []

Please reserve me a souvenir technical running t-shirt for £10.00 in size S M L XL (Circle size)

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 26/05/2019 (Min age for 10K is 15) _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB/CORPORATE TEAM _____ Affiliated Yes/No. Estimated Time _____

IF YOU ARE RAISING MONEY FOR CHARITY, HOW MUCH DO YOU EXPECT TO RAISE AND FOR WHOM?

_____ £ _____

I declare I will be over 15 years of age on 26/05/2019 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 and will not wear headphones. I understand that the fee is not refundable and that race numbers are not transferrable. UNDER THE TERMS OF THE GENERAL DATA PROTECTION REGULATION (EU) 2016/679 ("GDPR") WE ARE REQUIRED TO INFORM YOU THAT THIS INFORMATION WILL BE HELD ON COMPUTERS FOR THE PURPOSES OF RACE ADMINISTRATION.

You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.

We would like to send you information about future Folkestone 10k races but require your consent to do so. If you do wish to receive future information about the Folkestone Coastal 10K please tick here

If under 18 years of age application should be signed by a parent/guardian.

SIGNATURE.....DATE.....

Main Sponsor: **Independent Insurance Services / Insure Green**

Supported by: Roger De Haan Charitable Trust, Folkestone Harbour Company

Metroline Security, F J Fullick Electrical, Gurkha Palace, Strickland Accountancy.

Entry Management Services by Nice Work



Entry
Management
Services