

The race follows the Deal Seafront Promenade starting and finishing near Deal Sea Scout's hut. Totally flat & traffic free, the course promises fast times!. M2-A2-DOVER-A258-DEAL. Follow A 258 into Deal (Seafront on right), Race HQ is at Deal Sea Scout Hut, Marine Rd, Deal. Nr Deal Castle.

Surname	Male/Female
First Name	Date of Birth
Address	Age (on race day)
	Telephone
	Email
Postcode	Club
	UKA No.

Up to the age of 14yrs	1,000 metres £ 3
Senior (15yrs & over)	5 miles In advance: £14 (£12 affiliated club) On the day: £15

I declare that I am an Amateur as defined by UKA rules, I am 15 or over (14 and under for junior race) on race day and that I am medically fit to compete and enter at my own risk. The organisers shall not be liable for any injury to my person, nor for the loss or damage to my property as a result of my participation in the race.
NB Parent/Guardian to sign for under 16 yrs.

Signature	Date
-----------	------

Send entry with cheque payable to DEAL TRI LIMITED to: Deal 5Mile – c/oTeviot, Malthouse Lane, Peasmarsh, East Sussex, TN31 6TA
STRICT Closing date for postal entries: 27/10/17. Please enter as soon as possible to help with administration

DEAL CASTLE 5 MILE RUN

PROMOTED BY
DEAL TRI



JUNIORS (Up to 14yrs) 1,000 m
SENIORS 5 Miles

RACE INFO

SUNDAY 4th NOVEMBER 2018

10.00am Juniors Deal Seafront
11.00am Seniors Deal Seafront

UKA RULES Race Memento UKA PERMIT applied for
Prizes Male & Female: Junior, Senior, Vet, Suprvet & Team

www.dealtri.co.uk

