



The 10th Tenterden 5

Plus Children's Race

Sunday 17th February 2019 at 10.30am

Wittersham Sports Club, Poplar Road, Wittersham

Held under UK Athletic Rules. UKA Race licence 2017 - TBA

This great little race turns 10 years old in 2019 and continues to grow in popularity and always gets great feedback from runners – A fast-ish, almost traffic-free run along the quiet lanes around the pretty Kent village of Wittersham, near Tenterden. There are a couple of inclines, but nothing to worry even the most hill-averse amongst you!

Chip Timed. Accurately measured course. Runners of all standards welcome.

**** Special 10th Anniversary medal for all finishers ****

Prizes for: 1st, 2nd, 3rd Males, First Male Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, First Lady Vet Categories 1-7, First Lady Team (of 3)
1st Wittersham Man and 1st Wittersham Lady

Prize giving and presentations approx 45 minutes after first runner home

Venue: Wittersham Sports Club, Poplar Road, Wittersham, Kent, TN30 7PD

Toilets and limited changing facilities

ENTRY FEE: 5M £14.00 affiliated £16.00 unaffiliated £2.00 extra on the day
Children's Race £3.00

ENTRY LIMIT: 350. Closing date is 14th February but entries accepted on day subject to availability

PLEASE ENCLOSE: SAE. **CHEQUES:** Payable to 'Nice Work'

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

ENTER ONLINE www.nice-work.org.uk

Enquiries/more information: 01797 229955

Please enter me for the Tenterden 5 [] Children's Race []

Please complete the below form in **BLOCK CAPITALS**

SURNAME _____ **FORENAME** _____ **DATE OF BIRTH** _____

AGE ON 17/02/2019 _____ **Sex:** Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB _____ I am a member of a UK Athletics registered club Yes/No.

I declare I will be over 15 years of age on 17/02/19 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 []