



# The 10<sup>th</sup> Tenterden 5

## Plus Children's Race

### Sunday 17<sup>th</sup> 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 10<sup>th</sup> Anniversary medal for all finishers \*\***

**Prizes for:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Males, First Male Vet Categories 1-7, First Male Team (of 3)  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Ladies, First Lady Vet Categories 1-7, First Lady Team (of 3)  
1<sup>st</sup> Wittersham Man and 1<sup>st</sup> 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 14<sup>th</sup> 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](http://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 [ ]