



CASTLE POINT JOGGERS



The 7th Hadleigh 2012 Legacy 10k Run Sunday January 27th 2019 at 10.30am

Held under UK Athletic Rules. UKA Licence applied for. Event in partnership with Essex County Council and organised on behalf of Castle Point Joggers by Nice Work

After another fantastic year in 2018 this increasingly popular event now in its seventh year returns in 2019. An exclusive opportunity to test your stamina and endurance on one of the iconic venues from London 2012 - the Mountain Bike Circuit used in both the men's and women's MTB Olympic races. The race offers a unique chance to run this challenging course. Expect hills, more hills, mud and more mud!! Numbers are strictly limited and available on a first-come, first-served basis.

This is a challenging but hugely enjoyable off-road 10k using some of the MTB course, footpaths and trails set within the grounds of Hadleigh Castle and which proved such a tough test for the Olympians in the summer of 2012.

Your entry fee covers parking for the event which would normally cost £1 per hour.

****Bespoke medal and finish line goodies for all finishers****

**Prizes/trophies for 1st, 2nd & 3rd Male and Female; 1st in all age categories from Junior to Vet 8
1st Male & Female affiliated Team (3 to count)**

Prize giving and presentations approx 60 minutes after first runner home

Venue: meet at Hadleigh Country Park, Chapel Lane, Hadleigh, Essex, SS7 2PP

Toilets, limited parking (please car share or use public transport), refreshments

ENTRY FEE: £16.00 affiliated £18.00 unaffiliated £20 on the day

You are an affiliated athlete if you are a member of a running club that is registered with UK Athletics

ENTRY LIMIT: 500. Postal closing date is January 22nd 2019

Entries available on the day subject to limit not being reached.

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Castle Point Joggers'

POSTAL ENTRIES TO:

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

Enquiries/more information: 01797 229955

ENTER ONLINE www.nice-work.org.uk

Hadleigh 2012 Legacy 10K. Please complete and return along with your cheque and a large sae. Complete the below form in BLOCK CAPITALS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 27/01/2019 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS FOR RACE INFO _____

RUNNING CLUB _____

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I declare I will be over 15 years of age on 27/01/19 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 Marshall's and organiser's instructions.

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 []