



# The 8th Charing 10K

Plus Children's Race

Friday 9<sup>th</sup> June 2017 at 7.00 pm

Supporting Charing School

The race returns in 2017, on the same course, in and around the village of Charing. This evening race includes a barbecue and family activities to follow after the race. The race is suitable for runners of all standards, including those new to running. In addition to the main 10k race, there will be races over various distances for children and younger runners.

Held under UK Athletic Rules. UKA Licence applied for

**\*\* Medal and finish line goodies for all finishers \*\***

Prizes/awards 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> Charing Mum and 1<sup>st</sup> Charing Dad; 1<sup>st</sup> Husband and Wife

Prize giving and presentations in the School approx 60 minutes after first runner home

**Venue: Charing School, School Road, Charing, Kent**

**Toilets, changing facilities, baggage area, barbecue and refreshments available**

ENTRY FEE: 10K £13.00 attached £15.00 unattached £2.00 extra on the day  
Children's Races £3.00

ENTRY LIMIT: 350. Postal closing date is 4<sup>th</sup> June but entries accepted on the day subject to availability

PLEASE ENCLOSE: large SAE. CHEQUES: Payable to 'Charing PTFA'

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

**ENTER ONLINE – PLEASE VISIT [www.nice-work.org.uk](http://www.nice-work.org.uk) for links**

**Enquiries/more information: 01797 229955**

Please enter me for the Charing 10K [ ] Children's Race [ ]  
Please enter me for the Husband & Wife Category [ ] Charing Mum & Dad Category [ ]

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON 09/06/2017 \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post Code \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB \_\_\_\_\_ Affiliated Yes/No. Estimated Time \_\_\_\_\_

I declare I will be over 15 years of age on 09/06/17 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. If under 18 years of age, entry form 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 [ ]

