

# The Eastbourne Golden Mile, Junior Golden Mile and 5K



**Wednesday 17<sup>th</sup> July 2019 from 6.15 pm**

Held under UK Athletics Rules. UKA Licence applied for.

Join us for the return of this great event for the Sussex racing calendar. The Golden Mile should appeal to sprinters of all ages, sizes and abilities. Test yourself against the best on this pancake flat, accurately measured 1 Mile course. The course is point to point - so no turnaround to contend with. If you've enough energy left, why not try your luck in the Eastbourne Golden 5K that follows this race? A fast and flat, out and back dash along the promenade that would suit runners of all standards including beginners.

There are plenty of prizes up for grabs, including cash prizes for the first three in the Senior Golden Mile – plus cash prizes for teams from both Clubs and Schools in the Junior Golden Mile.

**\*\* Commemorative medal to all finishers \*\* Spot prizes\*\* Chip Timing for all races \*\***

**Cash Prizes for leading Senior Golden Mile runners plus prizes for 5K winners**

Junior runners who wish to run in the Senior Mile will be excluded from cash prizes

**\*\*Souvenir technical t-shirt available to purchase\*\***

**Venue: Eastbourne Pier, 3 Grand Parade, Eastbourne, East Sussex, BN21 3EL .**

The 5K Race starts and finishes close to the pier. Junior 1 Mile Race at 6.15 pm;

Senior Golden Mile 6.30 pm; 5k Race at 7.15 pm

## ENTRY FEES:

Advance

On the day

	Advance		On the day	
Senior Golden Mile (16 & Over)	£6.00 affiliated	£8.00 unaffiliated	£7.00 affiliated	£9.00 unaffiliated
Golden 5K	£10.00 affiliated	£12.00 unaffiliated	£12.00 affiliated	£14.00 unaffiliated
Combined Golden Mile and 5k entry	£12.00 affiliated	£16.00 Unaffiliated	£17.00 affiliated	£20.00 unaffiliated
Junior Golden Mile (under 16) Individual entry	£5.00 affiliated	£7.00 unaffiliated	£7.00 affiliated	£9.00 unaffiliated
Junior Golden Mile (under 16) Inter School Challenge - team entry of up to four people	£12.00 affiliated	£12.00 unaffiliated	£15.00 affiliated	£15.00 unaffiliated
Junior Golden Mile (under 16) Club team entry of up to four people	£12.00 affiliated	£12.00 unaffiliated	£15.00 affiliated	£15.00 unaffiliated
Junior Golden Mile Family entry 2 x adults; 2 x children	£12.00 affiliated	£12.00 unaffiliated	£15.00 affiliated	£15.00 unaffiliated

Entry form overleaf.

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**ENTRY LIMIT:** 500.

**CLOSING DATE:** for postal entries 10<sup>th</sup> July 2019

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

**POSTAL ENTRIES TO:** See below.

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

**Enquiries/more information: 01797 229955**

**Please complete and return along with your cheque and large SAE to:**

**Eastbourne Golden Mile, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA**

**Please enter me for:**

The Senior Golden Mile [  ]

The Golden 5K [  ]

Both The Senior Golden Mile and the Golden 5K [  ]

Inter School Challenge/Club Team entry. [  ] Please list all entrants, their dates of birth and team name

Junior Golden Mile Family entry - 2 x adults; 2 x children [  ] Please list all entrants and their dates of birth

Please reserve me a finishers technical shirt (state size XL, L, M, S, XS) £8.00 [  ]

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

**AGE ON 17/7/2019** \_\_\_\_\_ **Sex:** Male/Female **School (if applicable)** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

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

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

**RUNNING CLUB/SCHOOL TEAM** \_\_\_\_\_ **Affiliated Yes/No.**

**ADDITIONAL ENTRANTS' DETAILS – PLEASE PROVIDE DATE OF BIRTH FOR ALL ENTRANTS**

1.

2.

3.

I confirm that I am physically fit enough to complete the course and I will inform the organisers of any pre-existing relevant health conditions. I accept that I take part in the event at my own risk and that the organisers cannot be held responsible or liable for any personal accident or injury or loss or damage to personal effects that may arise as a result of my entering and participating in the event. I declare that I will be 11 years or older on race day for the 5K. A parent or guardian must accept this declaration if the runner is under 18. I will also obey all Marshall's and organiser's instructions. I have read and accepted the event terms and conditions (if under 18 years parent/guardian to sign)

**SIGNATURE**.....**DATE**.....

We do not make any of your details available to third parties. Occasionally, we'd like to tell you about some of our other races but if you'd prefer not to receive this information, please tick here [  ]

