



# The Cannock Chase

## 10 & 5 Mile

**Sunday 10<sup>th</sup> February 2019 10.00 am**

**Held under UK Athletic Rules. UK Licence applied for.**

Join us for this brand new 10 mile race using the undulating forest paths and trails in and around Cannock Chase. The event is open to runners of all abilities, from novices to experienced athletes and is perfect for fitting into Spring marathon training plans. If 10 miles is too far why not try the 5 mile option? There will be bespoke medals and goodies on offer to all finishers.

**\*\* Bespoke medal to all finishers \*\* Chip Timing \*\***

**Prizes/trophies in 10 mile race for:** 1st, 2nd, 3rd Males, Vet Categories 40 - 75, First Male Team (of 3)  
1st, 2nd, 3rd Ladies, Vet Categories 35 - 70, First Lady Team (of 3)  
Prizes in 5 mile for leading runners

Prize giving and presentation approx 60 minutes after first runner home in each race

**Race HQ: Cannock Chase Forest, Penkridge Bank Road, Rugeley, WS15 2UA**

ENTRY FEE: 10 Mile £18.00 affiliated £20.00 unaffiliated £25 on the day  
5 Mile £15.00 affiliated £17.00 unaffiliated £20 on the day

ENTRY LIMIT: 750. Postal closing date is 5<sup>th</sup> February but entries on the 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

**Enquiries/more information: 01797 229955**

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

Please enter me for the Cannock Chase 10 Mile [ ] 5 Mile [ ]

I would like to purchase a souvenir technical t-shirt for £10 in size XS S M L XL

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

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

AGE ON 10/02/2019 \_\_\_\_\_

Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

\_\_\_\_\_

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

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

RUNNING CLUB \_\_\_\_\_

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

I declare I will be over 16 years of age for the 10 Mile and 15 years of age for the 5 Mile on 10/02/19 and I agree that the organizers 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 [ ]