



The 14th M & S Electrical Beckley 10K

Plus 2 Mile Run Run/Walk and short Children's Dash
Sunday 4th November 2018 at 11.00am

Supporting Beckley Village Centre Nr Rye East Sussex

Held under UK Athletic Rules. UK Licence applied for. Accurately measured course.

This popular but challenging rural run returns again in 2018 along the lanes surrounding this pretty East Sussex village. Accurately measured course. Runners of all standards welcome. The home stretch is straight and largely downhill-ish, so a fast finish is guaranteed! The race is generously sponsored by M & S Electrical.

**** Medal to all finishers ** Plus free beer and cakes at the finish!! ** Chip timing ****

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, First Lady Vet Categories 1-7, First Lady Team (of 3)

1st Beckley Man and 1st Beckley Lady; 1st Husband and Wife

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

Venue: Beckley Village Centre, Main Street, Beckley, East Sussex

Toilets and changing facilities

ENTRY FEE: **10K** £15.00 Affiliated £17.00 Unaffiliated £20.00 On the day
Fun Run £7.00
Children's Dash £4.00

ENTRY LIMIT: 350. Postal closing date is 31st October but entries on the day subject to availability

PLEASE ENCLOSE: Large 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

Please enter me for the Beckley 10K [] Children's Dash [] 2 Mile Fun Run []
Please enter me for the Husband and Wife prize category []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 04/11/18 _____ 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 04/11/18 for the 10k 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 []