



# The Bedgebury Autumn 10k & 5k Canicross Challenge

## Saturday 16<sup>th</sup> November 2019 10.30 am

Join us for the return of this sell out event for the Kent Canicross Calendar. This picturesque 10k & 5k takes place along the undulating forest paths and trails in and around Bedgebury National Forest.

The event is open to Canicross runners of all abilities, from novices to experienced athletes and there will be medals and dog treats on offer to all finishers.

Our friends from Fit Together Canicross will also be on hand at the event to help with any Canicross related questions or advice.

**\*\* Medal to all finishers \*\* Free car parking \*\***

**Prizes/trophies in both races for:** 1st, 2nd, 3rd Male & Female

Prize giving and presentation approx 45 minutes after first runner home

**Runners will be set off in waves of 20 in 1 minute time slots**

**Race HQ: Bedgebury National Pinetum & Forest, Bedgebury Road, Goudhurst, Kent, TN17 2SJ**

ENTRY FEE: 10k	£17.00	£20 on the day
5k	£15.00	£17 on the day

ENTRY LIMIT: 100. Postal closing date is 10<sup>th</sup> November but entries on the day subject to availability  
Numbers collected on the day      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 Bedgebury Autumn Canicross 10k [ ] 5k [ ]

Please complete the below form in BLOCK CAPITALS.

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

AGE ON 16/11/2019 \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

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

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

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

DOGS NAME(S) \_\_\_\_\_

I declare I will be over 11 years of age for the 5k and 15 years of age for the 10k on 16/11/19 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 [ ]