

SEAFORD STRIDERS PRESENT RUNNING CLUB



THE PERFECT
PRE-CHRISTMAS APPETISER
www.seafordstriders.org.uk

HELD UNDER UK ATHLETICS RULES. LICENCE NO: 2018-35923

The Mince Pie Ten Mile

11.00AM SUNDAY 9th DECEMBER 2018

Please Note You Can Now Enter Online
Visit www.seafordstriders.org.uk
For More Details



THIS YEAR'S CHARITY IS SERV Sussex (Registered Charity No. 28455)



SERV Sussex is a UK registered charity (Charity number 284455) that provides night time transportation of blood, blood products and other urgent medical items for NHS Hospitals across Sussex. The service is provided free of charge to the NHS between the hours of 7pm and 6am, 365 days of the year via a committed team of volunteer riders and drivers often using their own vehicles.

- START/FINISH:** PEACEHAVEN LEISURE CENTRE, GREENWICH WAY, PEACEHAVEN, EAST SUSSEX, BN10 8BB
- COURSE:** APPROX 4 MILES OF ROAD, 6 MILES OFF-ROAD, WITH SOME HILLS!
- ENTRY FEE:** £15 UK ATHLETICS REG: £17 NON-REG: (ALL ENTRIES ON THE DAY £18 SUBJECT TO RACE ENTRY LIMIT OF 500). **CHIP-TIMING BY NICE WORK**
CHEQUES PAYABLE TO SEAFORD STRIDERS. SORRY NO REFUNDS. NUMBERS WILL NOT BE TRANSFERABLE TO THE NEXT EVENT
- ENTRIES TO:** Mince Pie 10, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex, TN31 6TA PLEASE ENCLOSE A STAMPED ADDRESSED ENVELOPE
MOB TEL: 07817 783121 E-MAIL: mincepie@seafordstriders.org.uk
IF YOU DO NOT SEND A SAE YOUR NUMBER WILL ONLY BE AVAILABLE ON THE DAY.

- CLOSING DATE:** SATURDAY 1st DECEMBER 2018 FOR POSTAL ENTRIES (UNLESS 500 ENTRY LIMIT REACHED)
- PRIZES:** TROPHIES FOR 1ST 3 MEN & 1ST 3 WOMEN. XMAS PUDS FOR 1ST 5 MEN & 1ST 5 WOMEN
Bespoke MEDAL, MINCE PIE & GOODY BAG FOR ALL FINISHERS. SPOT PRIZES, RAFFLE

Runners please note that the wearing of headphones is not permitted during the run

IF YOU HAVE NOT RECEIVED YOUR RACE NUMBER BY FRIDAY 7TH DECEMBER 2018
PLEASE TELEPHONE: 01797 229955 OR E-MAIL: mincepie@seafordstriders.org.uk

PLEASE PRINT DETAILS BELOW

FORENAME: _____ SURNAME: _____

ADDRESS: _____

POST CODE: _____ TEL No: _____

EMAIL: _____ ESTIMATED TIME (MINS): _____

UK ATHLETICS AFFILIATED CLUB: _____

AGE ON RACE DAY: _____ DOB: _____ SEX: M F ENGLAND ATHLETICS REG NO: _____

MINIMUM AGE OF ENTRANTS IS 17 YEARS. THE COURSE IS UNSUITABLE FOR WHEELCHAIRS, PRAMS OR PUSH CHAIRS. SORRY, **NO DOGS ALLOWED.**
IF YOU ARE SEEN RUNNING WITH A DOG YOU WILL BE DISQUALIFIED. NO REFUNDS. NUMBERS WILL NOT BE TRANSFERRED TO THE NEXT EVENT.

I HEREBY AGREE THAT THE ORGANISERS WILL NOT BE HELD RESPONSIBLE FOR ANY ACCIDENTS, INJURY, LOSS OR DAMAGE TO PERSONS OR POSSESSIONS
DUE TO MY PARTICIPATION IN THIS RACE. I CONSENT TO MY PERSONAL AND MEDICAL DETAILS BEING RELEASED BY THE MEDICAL TEAM TO THE RACE ORGANISER (TO INFORM NEXT OF KIN AND
STATUTORY AUTHORITIES) IN THE EVENT OF A MEDICAL EMERGENCY.

SIGNED: (PARENT/GUARDIAN IF UNDER 18) DATE:

DETAILS AND NUMBERS WILL ONLY BE SENT ON RECEIPT OF A COMPLETED ENTRY FORM, CORRECT ENTRY FEE AND STAMPED ADDRESSED ENVELOPE