



The Lamberhurst New Year's Day 10k and 5k

Tuesday 1st January 2019 at 10.30am

Plus Children's Race at 10.15am

Supporting fundraising for community projects in Lamberhurst

Held under UK Athletic Rules. UKA licence applied for.

A challenging and scenic run through the village and the grounds of Scotney Castle.

A great way to blow away those New Year's Eve cobwebs!

**** Medal – and a New Year's Day 'nip' to all finishers! ****

Prizes:

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)

Prize giving and presentations approx 60 minutes after first runner home

**Venue: Lamberhurst Village Hall, just off the A21
nr Tunbridge Wells, Kent TN3 8DB**

Toilets, baggage area and refreshments available

ENTRY FEE: £15.00 affiliated £17.00 unaffiliated £20.00 on the day

Children's Race £5.00

ENTRY LIMIT: 500. Postal closing date is 21st December but entries accepted on day

PLEASE ENCLOSE: large SAE. CHEQUES: Payable to 'Nice Work'

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

To enter online, please visit www.nice-work.org.uk for links

Please enter me for the following Lamberhurst New Year's Day Race:

Lamberhurst 10k [] Lamberhurst 5k [] Children's Race []

Please complete the form in block capitals

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 1/01/2019 _____

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 15 years of age (for the 10k) or 11 years of age (for the 5k) on 1/1/19 and I agree that the organisers 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.

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 []