



The Madehurst South Downs 10K & 5k

Sunday 16th June 2019 at 10.30am

Held under UK Athletic Rules. UKA Licence applied for.

A scenic race using the roads, tracks, pathways
and trails around Madehurst and the South Downs

**** Medal & finish line goodies to all finishers ****

10k Prizes/trophies for: 1st, 2nd, 3rd Males, Male Vet Categories 1-8, First Male Team (of 3)
1st, 2nd, 3rd Ladies, Lady Vet Categories 1-8, First Lady Team (of 3)

Prize giving and presentations approx 60 minutes after first runner home

Venue: Madehurst Cricket Club, Arundel, BN18 0NN

Toilets, changing facilities, baggage area and refreshments available

ENTRY FEE: 10K £15.00 Attached £17.00 Unattached £20.00 On the day
5K £11.00 Attached £13.00 Unattached £15.00 On the day
Children's Race £3.00

ENTRY LIMIT: 350. Postal closing date is 10th June but entries accepted on day subject to availability
Please enclose a large SAE. Cheques payable to 'NiceWork'

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

ENTER ONLINE at www.nice-work.org.uk

Please enter me for the Madehurst 10K [] 5K [] Children's Race []

Please complete in block capitals and return along with your cheque and a large sae.

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 16/06/2019 _____ 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 and 11 years of age for the 5K 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. If under 18 years of age application 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 []