



The Bedgebury Forest 10 & 5 Mile

Sunday 3rd February 2019 9.00 am

Held under UK Athletic Rules. UK Licence applied for.

After a sell out debut in 2018 this 10 mile race using the undulating forest paths and trails in and around Bedgebury National Forest returns for a second year in 2019. The event is open to runners of all abilities, from novices to experienced athletes and is perfect for fitting into Spring marathon training plans. If 10 miles is too far why not try the 5 mile option? There will be bespoke medals and goodies on offer to all finishers. Your entry fee includes vehicle admission charges.

**** Bespoke medal to all finishers ** Chip Timing ****

Prizes/trophies in 10 mile race for: 1st, 2nd, 3rd Males, Vet Categories 40 - 75, First Male Team (of 3)
1st, 2nd, 3rd Ladies, Vet Categories 35 - 70, First Lady Team (of 3)
Prizes in 5 mile for leading runners

Prize giving and presentation approx 60 minutes after first runner home in each race

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

ENTRY FEE: 10 Mile	£18.00 affiliated	£20.00 unaffiliated	£25 on the day
5 Mile	£15.00 affiliated	£17.00 unaffiliated	£20 on the day

Entry fees include vehicle admission charges

ENTRY LIMIT: 600. Postal closing date is 27th January but entries on the day subject to availability

PLEASE ENCLOSE: 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 Bedgebury 10 Mile [] 5 Mile []

I would like to purchase a souvenir technical t-shirt for £10 in size XS S M L XL

Please complete the below form in **BLOCK CAPITALS**.

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 03/02/2019 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ VEHICLE REGISTRATION _____

THIS IS TO ENSURE FREE ADMISSION INTO THE FOREST

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I declare I will be over 16 years of age for the 10 Mile and 15 years of age for the 5 Mile on 03/02/19 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 []