



LAND & NEW HOMES
greenrockhomes.co.uk
01825 768686



01892 783157



Multi Terrain Licence



Waterproofing
Wet Weather Gear
01892 786400



Entry Management
& Chip Timing
01797 230009



Directional
Clothing Systems
01892 786444



All Makes MOT
and Servicing
01580 201691



Uplands Sports
Centre
01892 782136



Wallbridge
Tree Care
07834 151929

20th Bewl 15 Mile Race

Sunday 7th July 2019. NOTE: New Start Time at 10.00am prompt
Voted by readers of Runner's World Magazine 6th "Best UK Race 2015"

This is a Sussex Grand Prix Race Organised by Wadhurst Runners and Nice Work
£50 cash Prize to the 1st Male and Female. Plus: £100 if either Course Records are Broken
UK Athletic Rules apply. UKA Permit No. 2019 - TBA. Race strictly for runner's only. Time limit is 3hrs 30mins.
A challenging, undulating single lap multi-terrain race around the pretty Bewl Water. Chip Timing applies.
VENUE REGISTRATION & LATE ENTRIES: Uplands Sports Centre, Lower High Street, Wadhurst, TN5 6BA
START/FINISH: Opposite Uplands Sports Centre on Blacksmith's Lane, Wadhurst, East Sussex, TN5 6DN.
MEDALS, COMMEMERATIVE TECHNICAL "T" SHIRT & GOODY BAG FREE TO ALL FINISHERS.
TROPHIES: 1st/2nd/3rd Male and Female Junior, Senior, Vet and Teams (of 3) and 1st/2nd/3rd of every Vet Category
PRIZES: 1st Junior, Senior, Vet Male and females win a Paramo running jacket.
FREE COURTESY BUS: From Wadhurst Station to Uplands for trains arriving by 09.305am. Return is not guaranteed.

TOILETS, CHANGING and SHOWERS: available at the Uplands Sports Centre and in the main School building
ENTRY: £24 affiliated or £26 unaffiliated. On the day entry, if available plus £2. CLOSING DATE: 6th July 2019
PLEASE ENCLOSE: A4 SAE and register ASAP. CHEQUES: Payable to 'Wadhurst Runners'. ENTRY LIMIT: 1,000.
ONLINE REGISTRATION: www.nice-work.org.uk (for RunBritain, Runners World and BookIT online and enquiries)
POSTAL ENTRIES: TO: Liam Burke, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA
FREE FAMILY FUN DAY: At the Greyhound Pub. Uplands Sports Centre will offer a free supervised sports area and bouncy castle for children of all ages plus a play area for tots. FREE MASSAGE on a 1st come 1st served basis.
ADJUDICATOR: The Adjudicators decisions are final.

WE THANK: Each of our Sponsors, Bewl Water, Land Owner Tony Fountain, our helpers and the Little Pell Farmers

SURNAME: _____ FORENAME: _____

AGE ON 07/07/2019 _____ DATE OF BIRTH: _____ SEX: Male/Female _____

ADDRESS: _____

POST CODE: _____ TELEPHONE NO: _____ EA ATHLETICS LICENCE No: _____

EMAIL: _____ T SHIRT SIZE: XS/Sml/Med/Lge/XL/XXL _____

RUNNING CLUB: _____ AFFILIATED: Yes/No. Estimated Time: _____

I declare I am over 16 years of age on 07/07/2019 and agree the organisers shall not be liable for any injury, accident, loss or damage. I am medically fit & I will not run if unwell. If age under 18: this application must be signed by a parent/guardian. I agree our data can be retained for Bewl 15 data only. See over for Course Records.

SIGNATURE...: _____ DATE: _____

See our website www.bewl15.com or our Facebook: www.facebook.com/pages/WadhurstRunners

New members are very welcome: email albertkemp@btinternet.com or telephone Albert on 01580 200024 for details.

Greyhound Hotel	Individual Property:	Creative Building	Your Outdoor	Wadhurst	SGP Champions 2012,2013 & 2016

& Public House
01892 783224

Individual Agent
www.burnetts-ea.com

Solutions
07710 461786

Adventure
01892 890000

Sports Physio
01892 785095

01580 200024
www.wadhurstrunners.com