



# The Bedgebury Spring 10k & 5k Canicross Challenge

## Sunday 19<sup>th</sup> May 2019 10.00 am

Join us for the return of this sell out event for the Kent Canicross Calendar. This picturesque 10k & 5k takes place along the undulating forest paths and trails in and around Bedgebury National Forest.

The event is open to Canicross runners of all abilities, from novices to experienced athletes and there will be medals and dog treats on offer to all finishers.

Our friends from Fit Together Canicross will also be on hand at the event to help with any Canicross related questions or advice.

**\*\* Medal to all finishers \*\* Free car parking \*\***

**Prizes/trophies in both races for:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male & Female

Prize giving and presentation approx 45 minutes after first runner home

**Runners will be set off in waves of 5 in 1 minute time slots**

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

ENTRY FEE: 10k	£17.00	£20 on the day
5k	£15.00	£17 on the day

ENTRY LIMIT: 100. Postal closing date is 16<sup>th</sup> May but entries on the day subject to availability

Numbers collected on the day 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](http://www.nice-work.org.uk)

Please enter me for the Bedgebury Spring Canicross 10k [ ] 5k [ ]

Please complete the below form in BLOCK CAPITALS.

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON 19/05/2019 \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

Post Code \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB \_\_\_\_\_

DOGS NAME(S) \_\_\_\_\_

I declare I will be over 11 years of age for the 5k and 15 years of age for the 10k on 19/05/19 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 [ ]