



# RunWisborough 10k & 5k

## Sunday 19th May 2019 at 10.30am

Held under UK Athletic Rules. UK Licence applied for.

After another successful year in 2018 the RunWisborough returns again in 2019 – a multi terrain 10k & 5k race in and around the pretty West Sussex village of Wisborough Green. The event is being held to raise funds for Wisborough Green Sports CIO a registered charity (1179541) that provides sports facilities for Wisborough Green and the surrounding area.

Runners of all standards welcome. Food and activities for the whole family.

**\*\* Medal and finish line goodies to all finishers \*\* Closed Roads! \*\***

**10k Prizes/trophies for:** 1st, 2nd, 3rd Males, Vet Categories 1-7, First Male Team (of 3)  
1st, 2nd, 3rd Ladies, Vet Categories 1-7, First Lady Team (of 3)

Prize giving and presentations approx 45 minutes after first runner home

**Venue: Village Green, Wisborough Green, West Sussex, RH14 0EE**

**Toilets and baggage facilities**

### ENTRY FEE:

Entries received before 31 <sup>st</sup> October	10K	£13.00 affiliated	£15.00 unaffiliated	
	5k	£10.00 affiliated	£12.00 unaffiliated	
Entries received after 31 <sup>st</sup> October	10K	£16.00 affiliated	£18.00 unaffiliated	£20.00 on the day
	5k	£12.00 affiliated	£14.00 unaffiliated	£15.00 on the day

Children's Colour and Obstacle race entry available on the day.

ENTRY LIMIT: 1000. Postal closing date is 15th May but entries accepted on the day subject to availability

PLEASE ENCLOSE: large SAE.

CHEQUES: Payable to 'Wisborough Green Sports CIO'

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 RunWisborough 10K [ ] 5k [ ]  
I would like to purchase a souvenir technical t-shirt for £12 in size XS [ ] S [ ] M [ ] L [ ] XL [ ]  
Please complete the below form in BLOCK CAPITALS

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

AGE ON 19/5/2019 \_\_\_\_\_ 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 over 11 years of age for the 5k on 19/5/19 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 [ ]