



Holland Sports AC  
For athletics in

# The Titsey Trail 10K, Sunday 7<sup>th</sup> October 2018, 10.30am

Now in its 10<sup>th</sup> year and for the first time, jointly organised by Oxted Runners and Holland Sports AC. An off-road, single-lap course, starting close to Limpfield Chart Golf Club (nearest postcode RH8 0SL) The race uses Nice Work timing chips and is open to runners of all abilities.

**Prizes for:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Male Vet Categories 40, 50 and 60+  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Lady and Lady Vet Categories 35, 45 and 55+

**ENTRY LIMIT:** 450

**ENTRY FEE:** £16.00 affiliated.

£18.00 unaffiliated (entrant not affiliated to ARC or UK Athletics)

Timing Chips and Race Numbers to be collected from Race HQ on race day



**FULL RACE DETAILS AVAILABLE AT:** [www.titseytrail10K.co.uk](http://www.titseytrail10K.co.uk)

**ENTER ONLINE BY VISITING:** [www.nice-work.org.uk](http://www.nice-work.org.uk) **RACE ENQUIRES HELPLINE:** 01797 229955

**POSTAL ENTRIES:** Closing date 3<sup>rd</sup> October 2018.

**CHEQUES:** Payable to 'Titsey Trail 10K'

**SEND TO:** Titsey Trail 10K, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

Race Permit provided by Association of Running Clubs (ARC 18/178)

Please complete the form, below, in **BLOCK CAPITALS** for a postal entry to the Titsey Trail 10K.

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

**AGE ON 07/10/2018** \_\_\_\_\_

**Sex:** Male/Female (delete as applicable)

**ADDRESS** \_\_\_\_\_

\_\_\_\_\_

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

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

**RUNNING CLUB (if a member)** \_\_\_\_\_

**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 on race day 07/10/18 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 marshal's and organiser's instructions. If under 18 years of age, entry form should be signed by a parent/guardian.

**SIGNATURE**.....**DATE**.....

Occasionally, Nice Work would like to tell you about their races and events. If you'd prefer not to receive this information, please tick here [ ]

Occasionally, Oxted Runners would like to tell you about our races and events. If you'd prefer not to receive this information, please tick here [ ]