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19th Bewl 15 Mile Race

Sunday 1st July 2018. Start at 10.30am 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 extra £50 if either Course Records are Broken

UK Athletic Rules apply. UKA Permit No. 2017-TBA. Race 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, 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 10.05am. 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. CLOSINGDATE: 30th June 2018

PLEASE ENCLOSE: A4 SAE and register ASAP. CHEQUES: Payable to 'Wadhurst Runners'. ENTRY LIMIT: 1,000.

ONLINE REGISTRATION: UKA: www.nice-work.org.uk

ENTRIES TO: Martin Burke, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

FREE FAMILY FUN DAY: At the Greyhound Pub and Uplands Sports Centre who 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 01/07/2018: _____ DATE OF BIRTH: _____ SEX: Male/Female _____

ADDRESS: _____

POST CODE: _____ TELEPHONE NO: _____ UK 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 01/07/2018 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 or guardian. See over Course Records.

SIGNATURE...: _____ DATE: _____

See our website www.bewl15.co.uk 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.



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