



The 28th Benfleet 15

Sunday 21st January 2018 10.30 am

Organised by Benfleet Running Club

Held under UK Athletics Rules. UKA Licence applied for.

Returning for the 28th time, the Benfleet 15 is a challenging 15 mile multi terrain course incorporating sections of the Canvey Island Sea Wall, and the undulating Hadleigh Downs. The race starts and finishes in Hadleigh Country Park and your entry fee includes free car parking. Please note the course is unsuitable for wheelchair competitors or spikes.

***** Technical t-shirt to all finishers *** New for 2018 - Chip timing! *****

***** Also includes 1 mile family fun run at 10:00 am (entries on the day, all children under the age of 10 need to be accompanied by an adult.) *****

Plus prizes and trophies for:

1st, 2nd, 3rd Male; 1st, 2nd, 3rd Male Vet 40, 1st Male Vet 50 and 60, 1st Male Team (of 3)

1st, 2nd, 3rd Female; 1st, 2nd, 3rd Female Vet 35, 1st Female Vet 45 and 55, 1st Female Team (of 3)

Race HQ: Hadleigh Country Park, Chapel Lane, Hadleigh, Essex, SS7 2PP

ENTRY FEE: £23.00 AFFILIATED £25.00 UNAFFILIATED £30.00 ON THE DAY

ENTRY LIMIT: 900. Postal closing date is 17th January but entries accepted on the day subject to availability

CHEQUES: Payable to 'Benfleet Running Club'

ENTRIES: The Benfleet 15, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

All Race numbers to be collected on the day.

MORE INFO & ONLINE ENTRY LINKS: www.nice-work.org.uk

FURTHER INFORMATION AVAILABLE ON 01797 229955

PLEASE ENTER ME FOR THE BENFLEET 15 []

PLEASE CIRCLE YOUR REQUIRED T-SHIRT SIZE XS S M L XL XXL

PLEASE COMPLETE THE BELOW FORM IN BLOCK CAPITALS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 21/01/2018 _____

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 17 years of age on 21/01/18 for the 15 mile race and I agree that the organisers 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 application 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 [].