

# The 11<sup>th</sup> Hove Prom 10K A Sussex Grand Prix Event

## Hosted by Arena 80 Athletics Club

**21<sup>st</sup> October 2018 - Start 10.00 AM**

- Accurately measured
- UKA race licence applied for
- Start and finish at Hove Lagoon- two lap course
- Flat and fast - kilometre markers
- Chip timing
- Minimum age limit 16 on the day of event, sorry no baby buggies or dogs
- **Cut off time 80 minutes**
- **Please note that the clocks go back one hour!**



**Individual prizes of £50 for 1<sup>st</sup> man and 1<sup>st</sup> woman  
£30 prize if course record is broken (Male: **30.53** Female: **36.32**)**

Postal entry fee: £15.00 (to claim UKA discount of £2.00 submit your registration number below\*)  
Entry on the day £17.00 for all **IF AVAILABLE** (entries on the day will be entitled to prizes)  
1<sup>st</sup> class postal closing date 17<sup>th</sup> October - Results free from [www.arena80.co.uk](http://www.arena80.co.uk)

**Cheques payable to ARENA 80 AC - Please include a 23cm x 16cm stamped addressed envelope to;**

**HP10K, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex, TN31 6TA**  
Please note if you use a large, A4 size envelopes you will require a large letter value of stamps

Online entries are available at [www.nice-work.org.uk](http://www.nice-work.org.uk)

Entry Details			
First Name		DOB	Age on race day
Surname		Male/Female	
Address		*UKA Registration Number	
		Club	
Email		Tel.	

Please tick relevant boxes

Entry fee	£15.00	UKA Discounted* entry £13.00	SAE enclosed	Cheque enclosed
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I understand the organisers will not be liable for any accident, injury, loss or damage due to participation in this event. If under the age of 18, applications must be signed by a parents, guardian or carer.

Signed \_\_\_\_\_