

Mid Sussex

East Grinstead 10 Mile Race

10.30 am Saturday May 5th 2018

Part of the Mid Sussex Marathon Weekend

which includes:

Mid Sussex Haywards Heath 10 Mile – Sunday May 6th 2018

A Sussex Grand Prix race

Mid Sussex Burgess Hill 10K – Monday May 7th 2018

Run them individually – or take part in all three, run 26.2 miles and receive a specially designed Commemorative Mid Sussex Marathon Weekend Medal

The Mid Sussex Mile – a 1 mile race for both junior runners and adults.

Ideally suited to those new to running.

All three races held under UKA Rules. UKA Licence applied for

You might not want to run this race too fast! An undulating trail and pathway course in and around the stunning Mid Sussex countryside just outside East Grinstead, using mainly traffic free routes. Would suit runners of all standards including those new to 10 mile races. Times in this race count towards overall series prizes for those completing all 26.2 miles over the three races.

Prizes/trophies for: 1st, 2nd, 3rd Males; 1st in Male Vet Categories 1-7; 1st Under 18; 1st Male Team (of 3)
1st, 2nd, 3rd Ladies, 1st in Female Vet Categories 1-7; 1st Under 18; 1st Female Team (of 3)

Venue: East Grinstead Rugby Club, St Hill Road, East Grinstead, West Sussex, RH19 4JU

Toilets, changing and refreshments available. Attractions and entertainment on the day

ENTRY FEE: 10 Mile races £20.00 attached £22.00 unattached £25.00 on the day
10K race £16.00 attached £18.00 unattached £20.00 on the day
Entry for all three races £44.00 £50.00 unattached
Mid Sussex Mile Race Parkrunner - £3.00 Standard entry - £5.00
The Mid Sussex Fun Run - £3.00

ENTRY LIMIT: 750. Closing date for postal entries May 1st but entries accepted on day subject to availability

CHEQUES: Payable to 'Places for People Leisure LTD' MORE INFORMATION: 01797 229955

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA
Please enclose large sae

ENTER ONLINE AT Please visit www.nice-work.org.uk for links to online entry facilities.

Medals to all finishers - plus plenty of goodies at the finish!!

Race website www.midsussexmarathonweekend.co.uk

Postal entry form overleaf



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Please enter me/us for: Mid Sussex East Grinstead 10 Mile [] Mid Sussex Burgess Hill 10K []
Mid Sussex Haywards Heath 10 Mile [] All three events []

Mid Sussex Mile Race at _____

The Mid Sussex Fun Run at _____

If entering all three races please state your t-shirt size Small [] Medium [] Large [] XLarge []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 05/05/2018 _____ GENDER: Male/Female (delete as applicable)

ADDRESS FOR RACE INSTRUCTIONS/NUMBERS _____

_____ Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No.

I declare I will be over 16 years of age to enter the 10 mile races and 15 to enter the 10k race. 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.

Are you running to help raise funds for a charity, community group or good cause? Yes [] No []. If yes, which good cause are you supporting?

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 []

For more information, please contact the Mid Sussex Marathon Weekend Office on 01797 229955.

Alternatively, please visit the race website www.midsussexmarathonweekend.co.uk, email info@nice-work.org.uk or visit www.nice-work.org.uk

