



The 8th Goudhurst 10K

Sponsored by Risebridge Health and Sports Club

Plus 5K Race and Children's Race

Sunday 29th April 2018 at 10.30am

Supporting Goudhurst and Kilndown Primary School

Held under UK Athletic Rules. UKA Licence applied for.

A scenic race using the roads, tracks, pathways and trails on private land in and around Goudhurst, Kent

**** Chip Timing ** Medal to all finishers ****

Prizes/trophies for: 1st, 2nd, 3rd Males, Male Vet Categories 1-8, First Male Team (of 3)
1st, 2nd, 3rd Ladies, Lady Vet Categories 1-8, First Lady Team (of 3)
1st Goudhurst Mum and 1st Goudhurst Dad; 1st Husband and Wife

Prize giving and presentations approx 60 minutes after first runner home

**Venue: Risebridge Health & Sports Club, Risebridge Farm,
Peasley Lane, Goudhurst, Kent, TN17 1HN.**

Toilets, changing facilities, baggage area and refreshments available

ENTRY FEE: 10K £15.00 Attached £17.00 Unattached £20.00 On the day
5K £10.00 Attached £12.00 Unattached £2.00 Extra on the day
Children's Race £3.00

ENTRY LIMIT: 350. Postal closing date is 25th April but entries accepted on day subject to availability
Please enclose a large SAE. Cheques payable to 'Goudhurst and Kilndown PTA'

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

ENTER ONLINE at www.nice-work.org.uk

Please enter me for the Goudhurst 10K [] 5K [] Children's Race []

Please complete in block capitals and return along with your cheque and a large sae.

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 29/04/2018 _____ 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 15 years of age for the 10K and 11 years of age for the 5K 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 Marshall'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 []