



The 14th Rye Summer Classic Series

10K Friday 5th July 2019 at 7.30 pm

10K Friday 2nd August 2019 at 7.30 pm

5K Friday 6th September 2019 at 7.00 pm

Plus Children's race at each event

Held under UK Athletic Rules. UKA Licence tbc Accurately measured course.

This popular Friday night series returns for the 14th year in 2019. A super-fast, traffic-free road course through Rye Nature Reserve at Rye Harbour in East Sussex. The course is flat and low lying and partly runs adjacent to the shingle storm ridges on the coastal road. Would suit runners of all standards including beginners. Points scored in each race count towards overall Series prizes (first 100 male and female finishers in each race score points).

Prizes for: 1st, 2nd, 3rd plus; 1st in Vet Categories 1-8; 1st Under 18; 1st Teams (of 3)

** Series prizes to 1st Male and Female **

Venue: Rye Nature Reserve, Rye Harbour, East Sussex. Toilets and refreshments available

ENTRY FEE: Per 10k event £14.00 attached £16.00 unattached £2.00 extra on the night

5k event £8.00 attached £10 unattached £2.00 extra on the night

Children's Race £3.00 Series entry £30.00 attached £36.00 unattached £6.00 Children

ENTRY LIMIT: 300. Postal closing date is 4 days before race day but entries accepted on day subject to availability.

CHEQUES: Payable to 'Nice Work' MORE INFORMATION: 01797 229955

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

ENTER ONLINE – visit www.nice-work.org.uk for links

Please enter me for: July 10K [] August 10K [] September 5K [] All three events []

Rye Summer Series July Children's [] August Children's [] September Children's [] All three Children's events []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON RACE DAY _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

I declare I will be over 15 years of age (for the 10k) and 11 years of age (for the 5k) on race day 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, entry form 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 []