



The 10th Charing 10K

Plus Children's Race

Friday 7th June 2019 at 7.00 pm

Supporting Charing School

The race returns in 2019 and celebrates it's 10th birthday, on the same course, in and around the village of Charing. This evening race includes a barbecue and family activities to follow the race. The race is suitable for runners of all standards, including those new to running. In addition to the main 10k race, there will be races over various distances for children and younger runners.

Held under UK Athletic Rules. UKA Licence applied for

**** Medal and finish line goodies for all finishers ****

Prizes/awards for: 1st, 2nd, 3rd Males, First Male Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, First Lady Vet Categories 1-7, First Lady Team (of 3)
1st Charing Mum and 1st Charing Dad; 1st Husband and Wife

Prize giving and presentations in the School approx 60 minutes after first runner home

Venue: Charing School, School Road, Charing, Kent

Toilets, baggage area, barbecue and refreshments available.

ENTRY FEE: 10K £15.00 attached £17.00 unattached £20.00 on the day
Children's Races £3.00

ENTRY LIMIT: 350. Postal closing date is 1st June but entries accepted on the day subject to availability

PLEASE ENCLOSE: Large SAE. CHEQUES: Payable to 'Charing PTFA'

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

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

Enquiries/more information: 01797 229955

Please enter me for the Charing 10K [] Children's Race []
Please enter me for the Husband & Wife Category [] Charing Mum & Dad Category []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 07/06/2019 _____ 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 on 07/06/19 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 []

