RYE ANCIENT TRAILS 30/15k

RYE - IDEN - BECKLEY - NORTHIAM - PEASMARSH - RYE

HIGH WEALD AREA OF OUTSTANDING NATURAL BEAUTY

Nice Work

Rye Runners

Sunday 8th September 2019 at 9.30 am

Held under UK Athletic Rules. UK Licence No. 2018-33651

After a successful debut in 2018 when over 250 runners joined us for this multi-terrain race through the High Weald Area of Outstanding Natural Beauty in East Sussex, the race returns again in 2019. Starting and finishing in the medieval town of Rye, this challenging circular route winds its way through ancient woodland and farmland on trails, footpaths and quiet country lanes, linking the Norman churches of Rye, Iden, Beckley, Northiam and Peasmarsh - a true steeplechase! The undulating multi-terrain route includes 1,500ft of climb, with numerous gates and stiles to be negotiated, but the stunning scenery will keep you going to the finish, where medals and goodies await all finishers.

Not up for the full 30K? There is a 15K option on the same route, turning at Peasmarsh. The Rye Ancient Trails 15k/30K is organised jointly by Nice Work and Rye Runners, raising money for the Oliver Curd Trust.

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

Prizes/trophies for: 1st, 2nd, 3rd Males, Vet Categories 40 - 75, First Male Team (of 3)
1st, 2nd, 3rd Ladies, Vet Categories 35 - 70, First Lady Team (of 3)

Prize giving and presentation approx 60 minutes after first runner home in each race

Race HQ: Rye Sports Centre, Rye, East Sussex, TN31 7ND

ENTRY FEE: £25.00 affiliated £27.00 unaffiliated £30 on the day
£18.00 affiliated £20.00 unaffiliated £25 on the day

ENTRY LIMIT: 500. Postal closing date is 3rd September but entries on the day subject to availability

PLEASE ENCLOSE: SAE. CHEQUES: Payable to 'Nice Work

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

Enquiries/more information: 01797 229955

ENTER ONLINE PLEASE VISIT www.nice-work.org.uk

Please enter me for the Rye Ancient Trails 30k [ ] 15k [ ]
Please complete the below form in BLOCK CAPITALS.

SURNAME_____ **FORENAME**_____ **DATE OF BIRTH**_____

AGE ON 8/9/2019_____ **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 17 years of age for the on 8/9/19 and I agree that the organizers 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 [ ]