



The 2017 Crowborough 10km road race / 5k fun run

Includes new 5k fun run

Sunday 3rd December 2017, 10am

Where: Beacon Academy, North Beeches Road, Crowborough, East Sussex, TN6 2AS. Changing and showers available.

Course: Two lap course (10k) one lap for the 5k. Certificate of accuracy No.SEAA.05/069. A Sussex Grand Prix event run under UK Athletic Rules. Race license 2016-23282. Course not suitable for wheelchair users.



Entries Online entries at <http://www.nice-work.org.uk> or post this form to: Crowborough 10k, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex, TN31 6TA. All numbers to be collected on the day this year, no S.A.E. needed.

Entry fee: **10k:** £14.00 unattached / £12.00 attached (official UKA running club)
5k: £8 in advance / £10 on the day
Cheques to Crowborough Runners.
10k Entries on the day £16.00 subject to availability.

Closing date: 30th November 2017. Race entry limit is 600 – entries close when limit is reached.

Information: Please see our website for detailed race information at www.crowboroughrunners.org.uk

Small print: Every effort will be made to run the race and to reschedule if extreme weather does not allow it; however the organisers reserve the right to cancel the race if this is not possible, sorry no refunds.

✂.....

Please enter me in the (tick one) : 10K race / 5K race

First Name Last Name.....

Your Address

Tel Number Email address (neatly please!)

Your age on Race Day: Date of Birth

Gender: Male / Female (please circle clearly)

UK Athletics Affiliated Club UK Athletics Number

I am over 16 years of age and I accept that the organisers will not be liable for any loss, damage, claim, costs or expenses which may arise in consequence of my participation in this event. I declare that I will not compete in this race unless I am in good health on the day of the race and that, in any event, I will compete at my own risk.

Signed Date Fee: £16 / £14/ £12 / £10 / £8

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