



8th Beckley 10K

Plus 2 mile fun run/walk and 1 mile Children's Dash

Sunday 23rd September 2012 at 11.00am

Supporting Beckley Village Centre Nr Rye East Sussex

Held under UK Athletic Rules. UK permit applied for. Accurately measured course.

More information?

Tel: 01797 230572

www.nice-work.org.uk

A challenging run along the lanes around this pretty East Sussex village. Accurately measured course. Runners of all standards welcome. The home stretch is straight and largely downhill-ish, so a fast finish is guaranteed!

****Medal to all finishers** **Plus free beer, cakes and fruit!!****

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Senior, Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, First Lady Senior, Vet Categories 1-7, First Lady Team (of 3)
1st Beckley Man and 1st Beckley Lady; 1st Husband and Wife

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

Venue: Beckley Village Centre, Main Street, Beckley, East Sussex

Toilets and changing facilities

ENTRY FEE: 10K £11.00 attached £13.00 unattached £2.00 extra on the day
Fun run £3.00 £1.00 extra on the day
Children's Dash £2.00 £0.50 extra on the day

ENTRY LIMIT: 350. Closing date is 29th October but entries accepted on day subject to availability
PLEASE ENCLOSE: large SAE. CHEQUES: Payable to 'Nice Work'

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

ENTER ONLINE www.runnersworld.co.uk/events or www.nice-work.org.uk

Please enter me for the Beckley 10K [] Children's Dash [] 2 Mile Fun Run []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 23/09/2012 _____ 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 23/09/12 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.

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 []