



Unit sign.. 5mm Foamex 90" x 30"



# The 4<sup>th</sup> Staplehurst 10K

Sponsored by Plumb-Bay

Sunday 17<sup>th</sup> June 2012 at 10.00am

Supporting Staplehurst Carnival and Fete

Held under UK Athletic Rules. UKA permit applied for

Fast and flat 10K with pb potential

**\*\*Medal to all finishers\*\***

**Prizes for:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Males, First Male Senior, Vet Categories 1-7, First Male Team (of 3)  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Ladies, First Lady Senior, Vet Categories 1-7, First Lady Team (of 3)

Prize giving and presentations approx 60 minutes after first runner home

**Race Venue: Surrenden Road Playing Field, Staplehurst, TN12 0LY**

**Race HQ: Staplehurst Village Hall, High St, Staplehurst TN12 0BJ**

ENTRY FEE: 10K £11.00 attached £13.00 unattached £2.00 extra on the day

ENTRY LIMIT: 350. Closing date is 10<sup>th</sup> June but entries accepted on day subject to availability

Please enclose a large SAE. Cheques payable to 'Staplehurst Carnival'

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

**ENTER ONLINE [www.runnersworld.co.uk/events](http://www.runnersworld.co.uk/events) or [www.nice-work.org.uk](http://www.nice-work.org.uk)**

Please enter me for The 4<sup>th</sup> Staplehurst 10K [ ]

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON 17/06/2012 \_\_\_\_\_ 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 17/6/12 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.

SIGNATURE.....DATE.....

From ukresults.net

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 [ ]