

LEWES DOWNLAND 10

WITH FIVE MILE SUPPORT RACE

SEAA Permit applied for: Run under UKA Rules.
LEWES 10, A RACE IN THE SUSSEX GRAND PRIX SERIES

SPONSORED BY



THE
MULTI-TERRAIN
SPECIALISTS

Brooks Road, Lewes (01273) 473186

SUNDAY, 4TH OCTOBER 2009

5 mile race start: 11.00am

10 mile race start: 11.15am

- COURSE:** The start and finish will be from a meadow near the Motor Road approach to the old Lewes Race Course near Wallands School the race centre.
The courses will be a mixture of chalk and downland grass tracks, across Scenic National Trust Land and the South Downs Way.
- ENTRY FEE:** 10 mile: £6.00. affiliated, £8.00 unattached.
5 mile: £4.00. affiliated, £6.00 unattached. All entries on the day £2.00 Extra.
- AGE LIMIT:** All entrants for the 10 mile race must be aged 17 years or over on the day of the race.
- CLOSING DATE:** For postal entries, 25th September 2009. For entries received after this date numbers can be picked up at the race centre.
- TROPHIES:** Senior and Veteran individuals and team trophies will be awarded for the 10 mile event. Individual awards will be made for the 5 mile event.
- ENTRIES TO:** Peter Miller, 26 Michelbourne Close, Burgess Hill, West Sussex, RH15 9QX.
- TEAMS:** All teams Members for the 10 mile event must be entered as individuals.
Men: Four to Score. Ladies: Three to Score.
- DETAILS:** Further details and race numbers sent on receipt of this entry form.
- RESULTS:** Available on www.lewesac.co.uk and/or by post from the race centre at £1.00.

ENTRY FORM LEWES DOWNLANDS 10 / 5

Surname

Forename

Address

Postcode

Telephone Number

Affiliated Club

M/F

Day Mth Year

Age on

Sex Date of Birth

Day of Race

Signature

Date

Sunday 4th October 2009

Postal entries close 25th September 2009

Please specify race: 10 mile 5 mile

Cheques are payable to:
LEWES ATHLETICS CLUB

Send this section with remittance and stamped SAE (9 x 6) to: Entries Secretary, Peter Miller, 26 Michelbourne Close, Burgess Hill, West Sussex, RH15 9QX.

I DECLARE THAT FOR THE 10 MILE RACE I AM 17 OR OVER ON THE DAY OF THE RACE AND THAT I AM AN AMATURE AS DEFINED BY THE UKA AND WILL ABIDE BY THEIR RULES. I AGREE THAT NEITHER THE ORGANISERS NOR THE SPONSORS SHALL BE LIABLE FOR ANY ACCIDENTS, INJURY, LOSS OR DAMAGE AS A RESULT OF MY PARTICIPATION IN THE LEWES DOWNLAND RACES.