



# Downland 10 Mile Trail Race



**WITH 5 MILE SUPPORT RACE**

A RACE IN THE SUSSEX GRAND PRIX SERIES, SPONSORED BY:

**matmos**  
 COMPUTER SYSTEMS  
 Lewes Road, Lindfield 01444 482091

**SUNDAY 1<sup>st</sup> OCTOBER 2017**

**5 mile race start: 10:30am 10 mile race start: 10:45am**

<u>Entry Fees</u>	10 mile	5 mile
Affiliated	£10	£5
Unaffiliated	£15	£8
Entries on the day £2 extra		
Cheques payable to: <b>Lewes Athletic Club</b>		

<u>How To Enter</u>	
<b>Post:</b>	Race Secretary; 70 South Street, Lewes, BN7 2BS Enclose SAE for race number and details sheet or collect number on day at race HQ from 9:00am
<b>Online:</b>	<a href="http://www.runbritain.com/races">www.runbritain.com/races</a>

**Course**  
 The start and finish will be from a meadow near the Motor Road approach to the old Lewes Race Course near Race HQ at Wallands School BN7 1PU, where free parking and refreshments will be available.  
 The course will be a mixture of chalk and downland tracks across scenic National Trust Land and the South Downs Way. Water stations at 2.5 & 7.5 miles, and at the finish.  
**NOTE: 10 mile time limit of 2 hours 30 minutes. You may not receive a time after this cut off**

**Details**

**Age Limits** Entrants for the 10 mile race must be 17 years or over on the day of the race Entrants for the 5 mile race must be 15 years or over on the day of the race

**Trophies** Senior and Veteran individual and team trophies will be awarded for the 10 mile race Individual trophies will be awarded for the 5 mile race

**Teams** All team members for the 10 mile event must enter as individuals. Men: 4 to score, Ladies: 3 to score

**Results Information** Results will be available on the day, at [www.lewesac.co.uk](http://www.lewesac.co.uk)  
 For course maps, race HQ location etc. or to download further entry forms, go to <http://www.lewesac.co.uk/downlandruns>

ENTRY FORM LEWES DOWNLAND 10/5 MILE RACES

SUNDAY 1<sup>st</sup> OCTOBER 2017

Surname .....	Forenames .....
Address .....	
Mobile .....	Postcode .....
Affiliated Cub .....	Email .....
Where did you hear about the race .....	England Athletics No. ....
Age on race day .....	Sex (M/F) .....
Signature .....	Date .....

I declare that for the 10 mile race, I am 17 or over or for the 5 mile race I am 15 or over on the day, that I am an amateur 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.	<b>Specify Race</b> (Circle Applicable) <b>10m 5m</b>	<b>Race No.</b> (Official use only)
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