



10 Mile Trail Race

With 5 mile support race



SUNDAY 7th OCTOBER 2018

A RACE IN THE SUSSEX GRAND PRIX SERIES SPONSORED BY:

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 COMPUTER SYSTEMS
 Lewes Road, Lindfield 01444 482091

<u>Earlybird (to 31 July 18)</u>	10 mile	5 mile
Affiliated	£10	£5
Unaffiliated	£15	£8
<u>Standard (from 1st Aug 18)</u>		
Affiliated	£15	£10
Unaffiliated	£20	£15
Entries on the day £2 extra		
Cheques payable to: Lewes Athletic Club		

<u>How To Enter</u>	
Post:	Race Secretary; 70 South Street, Lewes, Enclose SAE for race number or collect Race headquarters from 9:00am
Online:	www.runbritain.com/races

Course
 The start and finish will be near Race HQ at Wallands School BN7 1PU. The course is all off road on downland tracks; flint, chalk & grass. Free parking available on site. Refreshments are served at HQ.

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 miles

Race start 5 miles at 10.30.10 mile at 10.45

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

Results Results will be available on the day, at www.lewesac.co.uk

Information For course maps, race HQ location etc. or to download further entry forms, go to <http://www.lewesac.co.uk/events/downland-runs>

ENTRY FORM LEWES DOWNLAND 10/5 MILE RACES

SUNDAY 7th OCTOBER 2018

Surname	Forenames
Address	Postcode
Mobile	Email
Affiliated Cub	England Athletics No.
Where did you hear about the race	
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 Trail Races.	Specify Race (Circle Applicable) 10m 5m	Race No. (Official use only)
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Unit 11, Lindfield Enterprise Park, Lewes Road, Lindfield RH16 2LH



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