LEWES ATHLETIC CLUB AND CLIFFE BONFIRE SOCIETY LTD



10 Mile Trail Race

With 5 mile support race



SUNDAY 6th OCTOBER 2019

A RACE IN THE SUSSEX GRAND PRIX SERIES SPONSORED BY:



Earlybird (to 31 July 19)	10 mile	5 mile	
Affiliated	£10	£5	
Unaffiliated	£15	£8	
Standard (from 1 st Aug 19)			
Affiliated	£15	£10	
Unaffiliated	£20	£15	
Entries on the day £2 extra			
Cheques payable to: Lewes Athletic Club			

How To Enter

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

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 6th OCTOBER 2019

Surname Address	Forenames
Mobile	Email
Affiliated Cub	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 Trail Races.

Specify Race

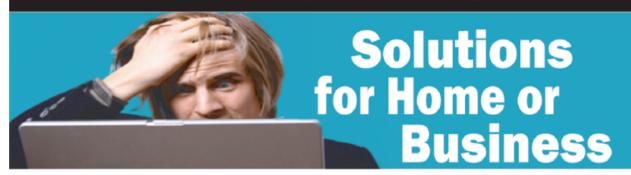
(Circle Applicable)

10m 5m

Race No.

(Official use only)

matmos computer systems



At Matmos we offer-

- Expert Advice
- 1st Rate Reliability
- Onsite Call-Outs
- Sales & Installations
- PC & Apple MAC
- Laptop Specialists
- Computer Repairs

- PC Health Checks
- Support & Maintenance
- Malware+Virus Removal
- Broadband & Wireless
- Security, Data Recovery
- Cabling & Networking
- Printers & Peripherals
- S/W, Hardware & More!

Unit 11, Lindfield Enterprise Park, Lewes Road, Lindfield RH16 2LH





DELL intel Microsoft McAfee iPad (intel)









sales@matmos.co.uk support@matmos.co.uk www.matmos.co.uk

