



# 10 Mile Trail Race

With 5 mile support race

## SUNDAY 6th OCTOBER 2019

A RACE IN THE SUSSEX GRAND PRIX SERIES SPONSORED BY:

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



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

### 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](http://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](http://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 6<sup>th</sup> OCTOBER 2019

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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