



Waterproofing  
Wet Weather Gear  
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Race Administration  
Europe Running Trips  
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Wadhurst Physiotherapy  
& Sports Injury Clinic  
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VAUXHALL  
Ben Greig Motors  
Quality Vauxhall's  
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Paramo  
Directional  
Clothing Systems

# 11<sup>th</sup> Bewl 15 Mile Run

Sunday 4th July 2010. Start at 10.30am prompt

Voted 18<sup>th</sup> 2008 and 27<sup>th</sup> Best Race 2009 by Readers of Runner's World

## Sussex Grand Prix Race Organised by Wadhurst Runners

Held under UK Athletic Rules. UKA Permit No. 2009-100197. Race is for runners only.

A challenging, multi-terrain course of a full 15 miles on pretty, undulating hills around Bewl Water.

START/FINISH: Opposite Uplands Sports Centre, Wadhurst, East Sussex, TN5 6AZ (Grid Ref. 644319)

(Note: The Start is NOT at the BEWL VISITOR CENTRE). CHIP TIMING.

MEDALS & GOODY BAGS: TO ALL FINISHERS. PLUS SPOT PRIZES.

TROPHIES TO: 1st, 2nd & 3rd Senior & Vet Males, 1st, 2nd & 3rd Vets 1-9 & 1<sup>st</sup>, 2<sup>nd</sup> & 3rd Male Teams (of 3)  
1st, 2nd & 3rd Senior & Vet Ladies, 1st, 2nd & 3rd Vets 1-9 & 1<sup>st</sup>, 2<sup>nd</sup> & 3rd Lady Teams (of 3)

PRIZES: 1<sup>st</sup> Senior and Vet Men and Ladies to receive a Paramo running jacket or smock (value over £1,000 RRP)

VENUE: Registration is at the Uplands Sports Centre, Wadhurst, East Sussex TN5 6AZ (Grid Ref. 641317).

FREE COURTESY BUS: From Wadhurst Station to Uplands for trains arriving by 10am. Return is not guaranteed

TOILETS, CHANGING and SHOWERS: Available at the Uplands Sports Centre and in the main School building

ENTRY FEE: £14 affiliated or £16 unaffiliated. On the day entry accepted, if available, at an additional £2.

PLEASE ENCLOSE: A5 SAE and register ASAP. CHEQUES: Payable to 'Wadhurst Runners'. ENTRY LIMIT: 1,000.

ONLINE REGISTRATION: Via [www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=46143](http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=46143)

ENTRIES TO: Martin Burke, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

CLOSING DATE: 2nd July. REFRESHMENTS: At the Greyhound Pub who have a free Family Day with a Clown. Plus Uplands Sports Centre have vending machines & a free supervised sports area for children and tots of all ages.

REFEREE: UKA referee is Graham Ashdown, assisted by Kevin Battell, whose decisions are final.

COURSE RECORDS: See reverse for current records. WE THANK: Nikwax - Waterproofing of wet weather clothing:

[www.nikwax.com](http://www.nikwax.com); Nice Work - Overseas Running Trips & Race Admin: [www.nice-work.org.uk](http://www.nice-work.org.uk); Ben Greig Motors -

Quality Vauxhall Cars: [www.bengreigmotors.co.uk](http://www.bengreigmotors.co.uk); Wadhurst Physiotherapy & Sports Injury Clinic: [www.wadhurst-physio.co.uk](http://www.wadhurst-physio.co.uk);

Paramo - Directional Clothing Systems: [www.paramo.co.uk](http://www.paramo.co.uk); Vector Resourcing Ltd - Experts in IT

Recruitment: [www.vector-uk.com](http://www.vector-uk.com); Decoration Design: Decoration and Painting: [www.designdecoration.co.uk](http://www.designdecoration.co.uk); Uplands

Sports Centre: [www.uplandssportscentre.co.uk](http://www.uplandssportscentre.co.uk); Bewl Water, Land Owner Tony Fountain & the Little Pell Farmers.

SURNAME: \_\_\_\_\_ FORENAME: \_\_\_\_\_

AGE ON 04/07/2010: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ Sex: Male/Female (delete as applicable) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POST CODE: \_\_\_\_\_ TELEPHONE NO: \_\_\_\_\_ English Athletics' License No: \_\_\_\_\_

EMAIL: \_\_\_\_\_

RUNNING CLUB: \_\_\_\_\_ Affiliated: Yes/No. Estimated Time: \_\_\_\_\_

I declare I am over 16 years of age on 04/07/2010 and agree the organisers shall not be liable for any injury, accident, loss or damage to myself or anyone else during the event. I am medically fit & I will not run if I am unwell. I will obey Marshals' and the UKA inspired Risk Assessment and Health & Safety instructions.

SIGNATURE..... DATE.....

See our fun blog [www.wadhurst-runners.blogspot.com](http://www.wadhurst-runners.blogspot.com) and online: [www.wadhurstrunners.co.uk](http://www.wadhurstrunners.co.uk).

New members are very welcome: email [albertilkemp@btinternet.com](mailto:albertilkemp@btinternet.com) or telephone Albert on 01580 200024 for details

