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## CHEWTON ROSE

SELLING GREAT BRITISH HOMES

be moved



UKA Multi Terrain  
Licence



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Entry Management  
& Chip Timing  
01797 230009



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01892 783157



Directional  
Clothing Systems  
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Uplands Sports  
Centre  
01892 782136



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## 19<sup>th</sup> Bewl 15 Mile Race

Sunday 1<sup>st</sup> July 2018. Start at 10.30am prompt

Voted by readers of Runner's World Magazine 6<sup>th</sup> "Best UK Race 2015"

This is a Sussex Grand Prix Race Organised by Wadhurst Runners and Nice Work

£50 cash Prize to the 1<sup>st</sup> Male and Female. Plus extra £50 if either Course Records are Broken  
UK Athletic Rules apply. UKA Permit No. 2017-TBA. Race for runner's only. Time limit is 3hrs 30mins.

A challenging, undulating single lap multi-terrain race around the pretty Bewl Water. Chip Timing applies.

VENUE REGISTRATION & LATE ENTRIES: Uplands Sports Centre, Lower High Street, Wadhurst, TN5 6BA

START/FINISH: Opposite Uplands Sports Centre, Blacksmith's Lane, Wadhurst, East Sussex, TN5 6DN.

MEDALS, COMMEMERATIVE TECHNICAL "T" SHIRT & GOODY BAG FREE TO ALL FINISHERS.

TROPHIES: 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> Male and Female Junior, Senior, Vet and Teams (of 3) and 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> of every Vet Category

PRIZES: 1<sup>st</sup> Junior, Senior, Vet Male and females win a Paramo running jacket.

FREE COURTESY BUS: From Wadhurst Station to Uplands for trains arriving by 10.05am. Return is not guaranteed.

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

ENTRY: £24 affiliated or £26 unaffiliated. On the day entry, if available plus £2. CLOSINGDATE: 30<sup>th</sup> June 2018

PLEASE ENCLOSE: A4 SAE and register ASAP. CHEQUES: Payable to 'Wadhurst Runners'. ENTRY LIMIT: 1,000.

ONLINE REGISTRATION: UKA: [www.nice-work.org.uk](http://www.nice-work.org.uk)

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

FREE FAMILY FUN DAY: At the Greyhound Pub and Uplands Sports Centre who offer a free supervised sports area and bouncy castle for children of all ages plus a play area for tots. FREE MASSAGE on a 1<sup>st</sup> come 1<sup>st</sup> served basis.

ADJUDICATOR: The Adjudicators decisions are final.

WE THANK: Each of our Sponsors, Bewl Water, Land Owner Tony Fountain, our helpers and the Little Pell Farmers

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

AGE ON 01/07/2018: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ SEX: Male/Female \_\_\_\_\_

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

POST CODE: \_\_\_\_\_ TELEPHONE NO: \_\_\_\_\_ UK ATHLETICS LICENCE No: \_\_\_\_\_

EMAIL: \_\_\_\_\_ T SHIRT SIZE: XS/Sml/Med/Lge/XL/XXL \_\_\_\_\_

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

I declare I am over 16 years of age on 01/07/2018 and agree the organisers shall not be liable for any injury, accident, loss or damage. I am medically fit & I will not run if unwell. If age under 18: this application must be signed by a parent or guardian. See over Course Records.

SIGNATURE...: \_\_\_\_\_ DATE: \_\_\_\_\_

See our website [www.bewl15.co.uk](http://www.bewl15.co.uk) or our Facebook: [www.facebook.com/pages/WadhurstRunners](http://www.facebook.com/pages/WadhurstRunners)

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



Greyhound Hotel  
& Public House  
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Sports Injury Clinic  
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Wallbridge  
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[www.wadhurstrunners.com](http://www.wadhurstrunners.com)