**The Hadleigh 2012 Legacy 10k Run**

**Sunday January 27th 2013 at 10.30am**

**Held under UK Athletic Rules. Licence Applied for. Pilot event in partnership with Essex County Council and organised on behalf of Castle Point Joggers by Nice Work**

An exclusive opportunity to test your stamina and endurance on one of the iconic venues of the London 2012 Games – the Mountain Bike circuit used in both the men’s and women’s Olympic Mountain Bike competitions. The venue is currently closed to the public and this pilot 10k run offers a unique chance to test the course and assess its suitability as a race location. Numbers are strictly limited and places are available on a first-come, first-served basis.

This will be a challenging but enjoyable off-road 10k using some of the MTB course, footpaths and trails set within the grounds of Hadleigh Castle and which proved such a tough test for the Olympians in the summer of 2012. Suitable for runners of all standards.

**\*\*Medal and finish line goodies for all finishers\*\***

**Prizes/trophies for** 1st, 2nd & 3rd Male and Female; 1st in all age categories from Junior to Vet 8

1st Male & Female affiliated Team (3 to count)

Prize giving and presentations approx 60 minutes after first runner home

**Venue:** meet atHadleigh Country Park, Chapel Lane, Hadleigh, Essex, SS7 2PP

**Toilets, limited parking (please car share or use public transport), refreshments**

**ENTRY FEE**: £11.00 attached £13.00 unattached £15 on the day

**ENTRY LIMIT:** 300. Postal closing date is January 20th 2013

**Entries available on the day subject to limit not being reached.**

**PLEASE ENCLOSE**: large SAE. **CHEQUE**S: Payable to ‘Castle Point Joggers’

**POSTAL ENTRIES TO:**

Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA.

**Enquiries/more information: 01797 230009**

**ENTER ONLINE** [**www.runnersworld.co.uk/events**](http://www.runnersworld.co.uk/events) **or** [**www.nice-work.org.uk**](http://www.nice-work.org.uk)

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**Hadleigh 2012 Legacy 10K. Please complete and return along with your cheque and a large sae.**

**SURNAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FORENAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE OF BIRTH\_\_\_\_\_\_\_**

**AGE ON 27/01/2013\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex: Male/Female (delete as applicable)**

**ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**TELEPHONE NO\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EMAIL ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RUNNING CLUB ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Affiliated Yes/No. Estimated Time\_\_\_\_\_\_\_\_**

I declare I will be over 15 years of age on 27/01/13 and I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall’s and organiser’s instructions.

**SIGNATURE…………………………………………………DATE………………………………………………………………**

Occasionally, we’d like to tell you about some of our other races and events but if you’d prefer not to receive this information, please tick here [ ]