

Folkestone Coastal 10K

Sunday May 29th 2016 at 10.00 am



Plus Children's Race at 9.30 am

Held under UK Athletics Rules. UKA Licence applied for.

In support of local charitable causes. Race is 10 kilometres, from Folkestone towards Hythe and back, flat promenade and traffic free. Participants are encouraged to run for their chosen charity.

**** Medal to all finishers ** Spot prizes ** Chip timing ****

**** Changing Facilities ** Refreshments ** Massage ** Shop ** Fabulous Folkestone! ****

Prizes/trophies for leading runners. Medal to every finisher plus spot prizes

Prizes: £100 for 1st Man and 1st Lady finisher (sponsored by Independent Insurance Services)

2nd, 3rd Males, First Male Junior, Senior & Vet Categories 1-7, 1st Male Team (3 to score) 1st Male Corporate Team
2nd, 3rd Ladies, First Lady Junior, Senior & Vet Categories 1-7, 1st Lady Team (3 to score) 1st Female Corporate Team

Venue: at The Old Rotunda Site, Folkestone, Kent, CT20 1PX

ENTRY FEE: £13.00 attached £15.00 unattached £20 on the day. Children's Race £2.00

Race numbers will be sent out around two weeks before race day and entries received after May 21st must be collected on the day. We regret the race is unsuitable for wheelchairs and disabled athletes.

ENTRY LIMIT: 1,000. **CLOSING DATE:** for postal entries May 25th 2016

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Folkestone Coastal 10K'

POSTAL ENTRIES TO: Folkestone Coastal 10K, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA. Entries available on the day, subject to race limit not being reached.

Enquiries/more information: 01797 230009 info@nice-work.org.uk

Race website to download entry form www.folkestonecoastal10K.co.uk

Please complete and return along with your cheque payable to Folkestone Coastal 10K.

Please enter me for the 10K [] Children's Race []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 29/05/2016 (Min age for 10K is 15) _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB/CORPORATE TEAM _____ Affiliated Yes/No. Estimated Time _____

IF YOU ARE RAISING MONEY FOR CHARITY, HOW MUCH DO YOU EXPECT TO RAISE AND FOR WHOM?

_____ £ _____

I declare I will be over 15 years of age on 29/05/2016 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. I understand that the fee is not refundable and that race numbers are not transferrable. UNDER THE TERMS OF THE DATA PROTECTION ACT 1984 WE ARE REQUIRED TO INFORM YOU THAT THIS INFORMATION IS HELD ON COMPUTER FOR RACE ADMINISTRATION ONLY. If you do not wish to receive future information about the Folkestone Coastal 10K please tick here

If under 18 years of age application should be signed by a parent/guardian.

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

Main Sponsor: **Independent Insurance Services / Insure Green**

Supported by: Roger De Haan Charitable Trust, Folkestone Harbour Company

Metroline Security, F J Fullick Electrical, Gurkha Palace, Strickland Accountancy.

