



CASTLE POINT JOGGERS



The 2nd Hadleigh 2012 Legacy 10k Run

Sunday January 26th 2014 at 10.30am

Held under UK Athletic Rules. UKA Licence applied for. Event in partnership with Essex County Council and organised on behalf of Castle Point Joggers by Nice Work

Following a stunning, sold-out debut in 2013, this race returns again in 2014. An exclusive opportunity to test your stamina and endurance on one of the iconic venues from London 2012 - the Mountain Bike Circuit used in both the men's and women's MTB Olympic races. The venue is currently closed to the public and this event offers a unique chance to run this challenging course. Expect hills, more hills, mud and more mud!! Numbers are strictly limited and available on a first-come, first-served basis.

This is a challenging but hugely 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.

****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 at Hadleigh Country Park, Chapel Lane, Hadleigh, Essex, SS7 2PP

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

ENTRY FEE: £12.00 attached £14.00 unattached £15 on the day

ENTRY LIMIT: 500. Postal closing date is January 19th 2014

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

PLEASE ENCLOSE: large SAE. **CHEQUES:** 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 or www.nice-work.org.uk

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

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 26/01/2014 _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

I declare I will be over 15 years of age on 26/01/14 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 []