

SPONSORED BY DAVID JORDAN ESTATE AGENTS

PRESENT

SEAFORD STRIDERS
RUNNING CLUB



THE PERFECT
PRE-CHRISTMAS APPETISER
www.seafordstriders.org.uk



HELD UNDER UK ATHLETICS RULES. LICENCE No: 2015-20269

The Mince Pie Ten Mile

11.00AM SUNDAY 6 DECEMBER 2015

Please Note You Can Now Enter Online
Visit www.seafordstriders.org.uk For More Details



THIS YEAR'S CHARITY IS SERV SUSSEX



SERV SUSSEX is run by volunteers and provides a free night time service, 365 days of the year for NHS hospitals across Sussex. SERV transports blood products, patient notes and other urgent consignments between hospitals, eliminating costly transport bills and allowing hospitals to focus their resources on patient care. 3 to 4 volunteers are on call every evening, using their own vehicles, but SERV also have a fleet of marked bikes and cars that have been funded by charitable donations. However these vehicles will soon need replacing and so a major fundraising campaign is under way to raise £25,000

- START/FINISH: PEACEHAVEN LEISURE CENTRE, GREENWICH WAY, PEACEHAVEN, EAST SUSSEX, BN10 8BB
- COURSE: APPROX 4 MILES OF ROAD, 6 MILES OFF-ROAD, WITH SOME HILLS!
- ENTRY FEE: £12 UK ATHLETICS REG: £14 NON REG: (ALL ENTRIES ON THE DAY £16 SUBJECT TO RACE ENTRY LIMIT OF 500). CHEQUES PAYABLE TO SEAFORD STRIDERS.
- ENTRIES TO: ENTRIES SECRETARY, 27 SOUTHDOWN ROAD, SEAFORD, EAST SUSSEX, BN25 4PE
MOB TEL: 07817 783121, E-MAIL: mincepie@seafordstriders.org.uk
STAMPED ADDRESSED ENVELOPE PLEASE.
- CLOSING DATE: SATURDAY 28 NOVEMBER 2015 FOR POSTAL ENTRIES (UNLESS 500 ENTRY LIMIT REACHED).
- PRIZES: TROPHIES FOR 1ST 3 MEN & 1ST 3 WOMEN. XMAS PUDS FOR 1ST 5 MEN & 1ST 5 WOMEN MEDAL, MINCE PIE & GOODY BAG FOR ALL FINISHERS. SPOT PRIZES. RAFFLE.
- CAR PARKING: THERE IS AMPLE CAR PARKING AT THE SPORTS CENTRE, INDUSTRIAL ESTATE & SHOPPING CENTRE.
- CHANGING/SHOWERS: AVAILABLE IN THE SPORTS CENTRE.
- PRE/POST RACE MASSAGE: AVAILABLE IN THE SPORTS CENTRE FOR A SMALL FEE, COURTESY OF SUSSEX SPORTS MASSAGE.
- SPORTS CLOTHING & EQUIPMENT: ON SALE IN THE SPORTS CENTRE, COURTESY OF INTER SPORT.

IF YOU HAVE **NOT** RECEIVED YOUR RACE NUMBER BY FRIDAY 4 DECEMBER 2015
PLEASE TELEPHONE: 07817 783121 OR E-MAIL: mincepie@seafordstriders.org.uk

FORENAME: _____ SURNAME: _____

ADDRESS: _____

POST CODE: _____ TEL NO: _____

EMAIL: _____ ESTIMATED TIME (MINS): _____

UK ATHLETICS AFFILIATED CLUB: _____

AGE ON RACE DAY: _____ DOB: _____ SEX: M F ENGLAND ATHLETICS REG No: _____

MINIMUM AGE OF ENTRANTS IS 17 YEARS. THE COURSE IS UNSUITABLE FOR WHEELCHAIRS, PRAMS OR PUSH CHAIRS. SORRY, NO DOGS ALLOWED. IF YOU ARE SEEN RUNNING WITH A DOG YOU WILL BE DISQUALIFIED. NO REFUNDS. NUMBERS WILL NOT BE TRANSFERRED TO THE NEXT EVENT.
I HEREBY AGREE THAT THE ORGANISERS WILL NOT BE HELD RESPONSIBLE FOR ANY ACCIDENTS, INJURY, LOSS OR DAMAGE TO PERSONS OR POSSESSIONS DUE TO MY PARTICIPATION IN THIS RACE. I CONSENT TO MY PERSONAL AND MEDICAL DETAILS BEING RELEASED BY THE MEDICAL TEAM TO THE RACE ORGANISER (TO INFORM NEXT OF KIN AND STATUTORY AUTHORITIES) IN THE EVENT OF A MEDICAL EMERGENCY.

SIGNED: _____ (PARENT/GUARDIAN IF UNDER 18) DATE: _____

DETAILS AND NUMBERS WILL ONLY BE SENT ON RECEIPT OF A COMPLETED ENTRY FORM, CORRECT ENTRY FEE AND STAMPED ADDRESSED ENVELOPE.