



Special finisher medal

HASTINGS RUNNERS 5 MILE ROAD RACE

Sunday 17th May 2020 . Start - 10:30am outside the Town Hall, Priory Meadow, Hastings, TN34 1TL

ENTRIES

ENTRY FEES:

£14.00 affiliated, £16.00 unaffiliated
£20.00 on day (subject to availability)

ENTER ONLINE:

www.nice-work.org.uk/races/Hastings5

ENTRY FORMS:

www.hastingsrunners.co.uk

POSTAL:

Race Secretary, 56 Birch Way, Hastings,
East Sussex, TN34 2JY

FEE PAYABLE TO "HASTINGS RUNNERS 5"

Numbers limited to 800 so early entry advised.

Postal Deadline - Friday 8th May 2020

Race numbers will not be posted but will be available for collection on race day.

PRIZES

CASH PRIZES FOR

1ST, 2ND, 3RD OVERALL (M&F)

Trophies for all category winners

1st, 2nd, 3rd Overall Male

& 1st Male in Junior & Vet Cats. 1 to 9

1st, 2nd, 3rd Overall Female

& 1st Female in Junior & Vet Cats. 1 to 8

1st Team (Male and Female - 3 to Score)

Note: Veteran categories commence at age 40

CASH BONUS FOR A NEW COURSE RECORD (M&F)

Current Record Holders:

Adam Clarke 24:00 & Silvia Del Fava 28:50

RACE INFO

UNDER UK ATHLETICS RULES

SEAA Provisional Permit: Applied for

Minimum Age - 15yrs on the day

Chip Timing - by Nice Work

Note: To comply with UK rules headphones are not allowed to be worn during race

RACE DIRECTOR:

Michael Hall



EMAIL:

hastingsrunners5mrace@hotmail.co.uk

ALL PROCEEDS TO:

St Michael's hospice

Reg. Charity No: 288462



1 & 2 Trinity Street, Hastings
01424 421240 sales.wispens@gmail.com



Special thanks to Paul Cabban

CELEBRATING 15 YEARS OF THE ANNUAL KEITH CHANDLER MEMORIAL RACE

Please enter me in the Hastings Runners 5 Mile 2020 Race (PLEASE WRITE CLEARLY)

SURNAME FORENAME SEX MALE FEMALE

FULL ADDRESS

POST CODE

PHONE EMAIL

AGE ON RACE DAY D.O.B. ESTIMATED TIME

UK AFFILIATED CLUB UK licence No. (if known)

I will be 15 or over on the day of the race and I accept that the organisers will not be liable for any loss, damage, claim, cost or expenses which may arise in consequence of my participation in this event. I declare that I will not compete in this race unless I am in good health on the day of the race and that, in any event, I will compete at my own risk. If under 18 a parent/guardian's signature is required.

SIGNATURE _____ Date _____

OFFICIAL USE ONLY CATEGORY FEE ENCLOSED RACE NUMBER