

THE Rother Valley 10k



NORTHIAM TO BODIAM RUN

Main Sponsors



16th September 2018 - 10am

- *Held under UK Athletic rules* • *UK Licence*
- *Certificate of Course Accuracy* • *Includes Chip Timing*

Organised by and in aid of Northiam Bonfire Society, the Rother Valley 10k is a measured road race. It starts at **Northiam Railway Station** (on the Kent & East Sussex Steam Railway) and finishes in the scenic grounds of **Bodiam Castle** (National Trust).

The 10k race is open to runners aged 15 or above and of all abilities from novices to experienced athletes. Medals for all finishers.

Trophies & Prizes: Ladies' and men's trophies will be awarded for 1st, 2nd and 3rd places overall plus first places in three Masters classes (40 to 49, 50 to 59 and 60+) There will be prizes for the fastest affiliated teams (Men's 4 to score and Ladies' 3 to score) There is also £50 for breaking the course record - currently standing at 34:30. Prize giving and presentation approximately 45 minutes after first runner home.

Supported by



**National Trust
Bodiam Castle**



**UKA Permit No applied for
Certificate of Course Accuracy**

Entry Fees: Affiliated £15 Non-affiliated £17 On the day: £20

Postal closure date: 9th September but entries on the day subject to availability.

Numbers collected on the day from 8am. Registration on the day from 8am

Address for entries: RV10k, 12 Netherfield Road, Battle, East Sussex TN33 0HH. Cheques made payable to Northiam Bonfire Society.

Kent & East Sussex Railway will be running special trains between Tenterden, Northiam & Bodiam with discounted fares. See Rother Valley 10k website.

More information call **07976 254247** or visit **www.rothervalley10k.co.uk**



Rother Valley 10k

@RotherValley10k

Please complete the form below in **BLOCK CAPITALS**

Surname _____ Forename _____ Male Female

Date of Birth _____ Age on 16th Sept 2018 _____

Address _____

Postcode _____

Tel No: _____ Email _____

Running Club _____ Are you a member of a UK Athletics Registered Club Yes No

I declare I will be over 15 years of age on 16/09/18 and I agree that the organisation 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 organisers instructions. If under 18 years of age entry form should be signed by parent/guardian

Signature _____ Date _____

Occasionally we'd like to tell you about our other events but if you'd prefer not to receive this information, please tick the box.