



The 4th Tillingham Valley Rockabilly Races

**Featuring The Tillingham Valley Rockabilly Classic 5
Plus supporting races and walks, barbecue, bar
and Live Rock 'n' Roll Music**

Saturday June 2nd 2012 from 2.00 pm. Main Race at 6.00 pm

A series of Cross Country walks and races in and around the Tillingham Valley, from our Rockabilly HQ in Udimore. The main race is around 5 miles in length covering trails, pathways and fields – with a few ups and downs to contend with. Supporting races are also being staged for walkers, fun runners, children and dog walkers! In aid of St Mary's Church, Udimore.

Medal to all finishers.

Bring a picnic, enjoy our barbecue but whatever you do – don't go until the music stops!

Venue: Parsonage Farm, Udimore, East Sussex TN31 6AX. Just 2 miles from Rye

Programme and entry fees

2.00 pm	Walk the course	5 Miles	£4/ £5 on the day
4.00 pm	Fun Run or Walk	1.5 Miles	£4/ £5 on the day
4.30 pm	Dog Walkers/Runners Grand National	1.5 Miles	£0.50p per leg
5.00 pm	Children's Race Under 11's	½ Mile	£2
5.30 pm	Children's Race Under 16's	1 Mile	£2
6.00 pm	Rockabilly Classic	5 Miles	£10/ £12 on the day

ENTRY LIMIT: 250. Closing date May 23rd but entries accepted on day subject to availability.

CHEQUES: Payable to 'Nice Work' MORE INFORMATION: 01797 230572

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

ENTER ONLINE AT www.runnersworld.co.uk/events or www.nice-work.org.uk

Please enter me for: (insert name of event(s))

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 2/06/2012 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB/TEAM NAME _____ Affiliated Yes/No.

I declare I will be 15 years of age or over for the 5 Mile event. 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.....

From ukresults.net

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 [].