

The 13th Bewl 15



Sunday 1st July 2012. Start at 10.30am prompt
Voted 27th Best Race & Best 15 miler 2009 by Readers of Runner's World
Sussex Grand Prix Race Organised by Wadhurst Runners

**UK Athletic Rules apply. UKA Permit No. 2012-103131. For Runner's only. Time limit of 3hrs 30mins.
A challenging, undulating, multi-terrain race around the pretty Bewl Water. Chip Timing.**

VENUE: Registration & Chip collection is at the Uplands Sports Centre, Wadhurst, East Sussex TN5 6AZ.

START/FINISH: Opposite Uplands Sports Centre, Wadhurst, East Sussex, TN5 6AZ (Grid Ref. 641317). (Note: The Start is NOT at the BEWL VISITOR CENTRE, Lamberhurst).

TROPHIES: 1st/2nd/3rd Junior, Senior & Vet Males, 1st/2nd/3rd Vets 1-9 & 1st/2nd/3rd Male Teams (of 3) 1st/2nd/3rd Junior, Senior & Vet Ladies, 1st/2nd/3rd Vets 1-9 & 1st/2nd/3rd Lady Teams (of 3). Medals and goody bags for all finishers plus spot prizes.

PRIZES: 1st Junior, Senior and Vet Males and Ladies win a Paramo running jacket or smock each. £50 awarded to the male and/or lady who break the course records of 01:27:05 and 01:37:25 respectively. Sponsored by Gibbs Reed garage MOT Centre

FREE COURTESY BUS: From Wadhurst Station to Uplands for trains arriving by 10am. Return is not guaranteed.

FACILITIES: Toilets, changing rooms and showers available at the Uplands Sports Centre and in the main School building.

REFRESHMENTS: At the Greyhound Pub, who have a free Family Day with a Clown and at Uplands Sports Centre who offer a free supervised sports area and bouncy castle for children of all ages and a play area for tots.

ENTRY FEE: £17 affiliated or £19 unaffiliated. On the day entry accepted, if available, at an additional £2. Please send entries to: Martin Burke, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA. Please enclose an A5 SAE and register ASAP. Cheques Payable to 'Wadhurst Runners'. Entries limited to 1,000 places. Closing date 30th June 2012.

ONLINE REGISTRATION: UKA: www.runbritain.com/onlineentry/ and Runners World: www.runnersworld.co.uk/bewl15

REFEREE: UKA referee is Graham Ashdown, whose decisions are final.

SURNAME:

FORENAME:

AGE ON 01/07/2012:

DATE OF BIRTH:

SEX: MALE / FEMALE

ADDRESS:

POST CODE:

TELEPHONE NO:

EMAIL:

ENGLISH ATHLETICS LICENSE NO:

ESTIMATED TIME:

RUNNING CLUB:

AFFILIATED: YES / NO

I declare I am over 16 years of age on 1st July 2012 and agree the organisers shall not be liable for any injury, accident, loss or damage to myself or anyone else during the event. I am medically fit & I will not run if I am unwell. I will obey Marshals' and the UKA inspired Risk Assessment instructions.

SIGNATURE **DATE**

See our new website www.bewl15.co.uk or our fun blog www.wadhurst-runners.blogspot.com.

New members are very welcome: email albertlkemp@btinternet.com or telephone Albert on 01580 200024 for details.



Race Administration
Europe Running Trips
01797 230572



Outdoor Clothing
and Equipment
01892 539402



Ben Greig Motors
Quality Vauxhall's
01892 783157



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Sports Injury Clinic
01892 785095



Waterproofing
Wet Weather Gear
01892 786400



MOT's of all
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Paramo
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Clothing Systems



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Decoration Specialists
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Greyhound Public
House & Hotel
01892 783224