

Staplehurst Tennis and Cricket Club

are pleased to present the 12th annual

Mid Kent 5 Miler

Sunday 14th July 2019

Staplehurst Cricket and Tennis Club
Frittenden Rd Staplehurst TN12 0DH

Registration opens at 7.00am
(including race number/timing chip collection)

Race starts at 9.00am

The course winds its way through the quiet lanes of the picturesque Kent countryside, and being predominantly flat, should provide a fast race with great PB potential.

- Chip Timing
- Bespoke Medal for all finishers
- Trophies – for all overall winners and **ALL** age categories
- Spot Prizes

Race Limit of 500 competitors

More details and course map available on www.midkent5.co.uk

ENTRY FORM

Mid Kent 5 Miler 2019

Name..... E-mail.....
Address..... Phone.....
..... Age on race day.....
Club..... DOB.....

Affiliated Entry = £13 On the Day = £15
Non Affiliated Entry = £15 On the Day = £17

Please make cheques payable to 'Nick Jordan' and post to 9 Lime Trees Staplehurst Tonbridge Kent TN12 0SS

I agree to abide by the Rules of the UKA and of the Event. I understand that I enter the race at my own risk and that no person(s) or organisations will be held responsible for any accident, injury or loss to myself, prior to, during, or after the event. I understand that the organisers reserve the right to alter the arrangements and conditions should circumstances require.

Signed..... Dated.....