

# Arundel Castle 10K Run

## 9.00am on Sunday 25th August 2019



- COURSE:** The race starts in Arundel Town Centre. Following a circuit of the town, runners enter the grounds of Arundel Castle by the lower gates, climb through the grounds, loop around Arundel Park and return back through the Castle to the finish in the Town Square. The course is a mixture of tarmac road (75%) and downland grass tracks (25%)
- ENTRY FEE:** Postal entries £15 Online entries: £15 (incl. admin fee)  
Entry On-The-Day: £20 (includes entry and chip)
- AGE LIMIT:** All entrants must be aged 16 or over on the day of the race
- ENTRANTS LIMIT:** 700 runners
- ENTRIES TO:** Entries Secretary, 44 Greenacres Ring, Angmering, BN16 4BS
- CHEQUE Or PO:** Made payable to '1<sup>st</sup> ARUNDEL SCOUTS' **WITH AN A5-SIZED STAMPED ADDRESSED ENVELOPE (9.5 X 6.5). If there is no envelope with your postal entry, your number and chip must be collected from Race HQ on the day before 8.30am**
- CLOSING DATE:** Postal entries: 16th August 2019 Online entries: 23rd August 2019  
On-the-day entries to check-in by 8.00am  
ALL entries received after 16th August 2019 will be for collection on the day only.
- PRIZES:** Awards in all categories. For categories, please see our website: [www.arundelscouts.org.uk](http://www.arundelscouts.org.uk).  
Mementoes for all finishers. Presentations at approx.10.30-11.00am
- DETAILS:** For more information contact Race Secretary at [arundel10krun@gmail.com](mailto:arundel10krun@gmail.com).  
Further details, number and race chip will be sent on receipt of this entry form.
- TEAMS:** All Teams must be entered as individuals. The first 4 finishers from each "club" will constitute a team.



**ENTRY FORM: ARUNDEL CASTLE 10K (please complete in BLOCK CAPITALS)**

Apply online at: [www.bookitzone.com](http://www.bookitzone.com)

|                        |            |              |
|------------------------|------------|--------------|
| Surname and Forenames: |            | Male/Female: |
| Date of birth:         | Telephone: |              |
| Address:               |            |              |
|                        |            |              |
| Postcode:              |            |              |
| Email Address:         |            |              |
| Club (if any):         |            | W            |

Cheques made payable to:  
**1st ARUNDEL SCOUTS**

Send this section of the entry form **with remittance and self-addressed envelope**

To: Race Secretary  
44 Greenacres Ring  
Angmering  
West Sussex  
BN16 4BS

*I hereby declare that I enter this race at my own risk and that no person(s) or organisation will be held responsible for any accident, injury or loss to myself prior to, during or after this event.*

Signed .....

Date .....

