



RMHT Presents

The inaugural "Walk, Run or Jog" the Trail

Saturday, 28th April 2018

5K – Midday Start

REGISTRATION AT WALMER SEA SCOUT HUT ON DEAL
SEAFRONT, NEAR DEAL CASTLE

Limit 200 runners on an accurately measured scenic
undulating course

Prize of a Bronze Trail Marker Plaque (below) for 1st Male, 1st Female and 1st serving or ex-RM



Commemorative medals for all finishers

Under UK athletic rules, standard medical cover and drinks station at finish
Bib numbers to be collected on day

Detach here -----

ENTRY FORM

Surname _____

Male / Female

Age (on race day)

First Name _____

Date of Birth _____

Address _____

Post Code- _____

E-Mail _____

Telephone _____

Fee's: **£5** Adult, **£2** Under-14 (cheques payable to "RMHT (Deal and Walmer)")

I declare that I am an Amateur as defined by UKA rules, and that I am medically fit to compete and enter at my own risk. The organisers shall not be liable for any injury to my person, nor for the loss or damage to my property as a result of my participation in the race.

Signature _____

Date _____

Parent/Guardian signature required for under 16's

Send form to community@rmht.uk or post with cheque, to
RMHT, 10 Western Road, Deal, Kent, CT14 6RX