

The 3rd K2 Crawley 10K



Sunday August 24th 2014 at 10.30 am
Plus Children's Race

Held under UK Athletics Rules. Licence Applied for.

Race organised on behalf Freedom Leisure by Nice Work

This popular race returns for a third time in 2014 and is now an established part of the south east running calendar. The race is organised on behalf of K2 and Freedom Leisure by Nice Work and will be looking to help boost the funds raised for Freedom Leisure's designated charity of the year.

The course is undulating and uses the paths, footpaths, trails and road in and around Tillgate Park. The start and finish are both located on the track at the K2 - so family, friends and supporters can watch you finish in style! The race is suitable for both experienced and first-time runners.

**** Chip timing ** Medal to all finishers ** Stadium Start and Finish ****

**Prizes/trophies for 1st, 2nd & 3rd Male and Female; 1st in all age categories from Junior to Vet 8
1st Male & Female affiliated Team (3 to count)**

Prize giving and presentations approx 60 minutes after first runner home

Venue: K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ

ENTRY FEE: £13.00 attached/Freedom Leisure Members £15.00 unattached
£2 extra on the day Children's Race £3.00

ENTRY LIMIT: 500. Postal closing date is August 17th 2014

Entries available on the day subject to limit not being reached.

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Freedom Leisure'

POSTAL ENTRIES TO:

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

Enquiries/more information: 01797 230009

ENTER ONLINE VISIT www.nice-work.org.uk FOR LINKS

K2 Crawley 10K. Please complete and return along with your cheque and a large sae.

Please enter me for the 10K race [] Children's Race []

SURNAME _____ **FORENAME** _____ **DATE OF BIRTH** _____

AGE ON 24/08/2014 _____ **Sex:** Male/Female (delete as applicable) **Freedom Leisure M'ship No.** _____

ADDRESS _____

Post Code _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB _____ **Affiliated Yes/No. Estimated Time** _____

I declare I will be over 15 years of age on 24/08/14 and 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. If under 18 years of age, entry form should be signed by a parent/guardian.

SIGNATURE.....**DATE**.....

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 []