



**Absolute Running**

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# The Absolute Running Gosport 5k Summer Series

**Tuesday 3<sup>rd</sup> June 2014 at 7.30 pm**

**Tuesday 8<sup>th</sup> July 2014 at 7.30 pm**

**Tuesday 12<sup>th</sup> August 2014 at 7.30 pm**

**Tuesday 9<sup>th</sup> September 2014 at 7.00 pm**

**Plus Children's 1k sprint race at each event held prior to main event**

**Held under UK Athletic Rules. Accurately measured course. UKA Licence to be applied for**

A great new evening summer series for the south coast, this fast out and back Promenade dash, using an accurately measured 5k course, is ideal for runners of all standards.

Medal to all finishers – plus race winners, category and series prizes.

**Prizes and trophies for winners and winners of vet categories 1 to 7**

**plus a special series prize for 1<sup>st</sup> Male and 1<sup>st</sup> Female**

**Series points based on best three results**

**Venue: Stokes Bay Road, Gosport, Hampshire - close to the Bayside Cabin Café - PO12 2QT.**

ENTRY FEE: Per event     £8.00 attached     £10.00 unattached     £2.00 extra on the day

Children's 1k Sprint     £3.00

Three Race Series entry     £20.00 attached     £26.00 unattached     £8.00 Children

Four Race Series entry     £25.00     £33.00 unattached     £10.00 Children

ENTRY LIMIT: 200. Postal closing date is 7 days before race day but entries accepted on day subject to availability

CHEQUES: Payable to 'Absolute Running' MORE INFORMATION: 01797 230009

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

**ENTER ONLINE – VISIT [www.nice-work.org.uk](http://www.nice-work.org.uk) FOR MORE DETAILS**

Please enter me for: 3<sup>rd</sup> June [ ] 8<sup>th</sup> July [ ] 12<sup>th</sup> August [ ] 9<sup>th</sup> September [ ] All four events [ ]

Children's Race 3<sup>rd</sup> June [ ] 8<sup>th</sup> July [ ] 12<sup>th</sup> August [ ] 9<sup>th</sup> September [ ] All four events [ ]

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_

Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB/TEAM NAME \_\_\_\_\_

Affiliated Yes/No.

I declare I will be 11 years of age or over for the 5K events. 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 application 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 [ ].