

The 3rd Rochdale Kingsway 10K

(Plus the Rochdale Kingsway 5K)

Also featuring an Inter School Challenge and Corporate Team event

Sunday September 21st 2014 at 10.30am

Children's Races at 9.45 am.

Held under UK Athletic Rules. Licence Applied for.

Race organised on behalf of Rochdale Development Agency and the Kingsway Partnership by Nice Work

This increasingly popular and scenic race returns for a third year taking in the paths and roadways on and around Rochdale's Kingsway Business Park. The start and finish is on the running track at Kingsway Park High School and Sports Centre, providing for a great finish and with good spectator facilities. A choice of 10K and 5K routes is available – plus there will be races for children. The event is designed to be all inclusive and we welcome entries from runners of all abilities and experience – including beginners and those new to running races. The race will be looking to raise funds for Springhill Hospice and we are encouraging runners to seek sponsorship to help our fundraising efforts – however we also encourage runners to raise funds for their own favourite charity or community good cause.

The event will feature an Inter School Challenge (minimum age 11) plus a Corporate Team event.

****Medal and finish line goodies to all finishers****

Prizes/awards 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).

1st School Team (first three students and first adult to count) 1st Corporate team (first three to count)

Prize giving and presentations approx 60 minutes after first runner home

Venue: Kingsway Park High School and Sports Centre, Rochdale OL16 4XA

Chip timing, Changing, Toilets, Refreshments

ENTRY FEES:

Advance

On the day

	Advance	On the day
10k	£12.00 affiliated £14.00 unaffiliated	£15.00 affiliated £15.00 unaffiliated
5K	£11.00 affiliated £13.00 unaffiliated	£15.00 affiliated £15.00 unaffiliated
Inter School Challenge - team entry. Up to five students and two adults for 5k	£50.00 affiliated £50.00 unaffiliated	£50.00 affiliated £50.00 unaffiliated
Corporate Team Challenge. Up to five members for 10k.	£40.00 affiliated £40.00 unaffiliated	£45.00 affiliated £45.00 unaffiliated
Children's Race	£3.00	£3.00

ENTRY LIMIT: 750.

Postal closing date is September 18th 2014

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

PLEASE ENCLOSE: large SAE with correct postage for a large envelope.

CHEQUES: Payable to *Rochdale Development Agency*

Enquiries/more information: 01797 230009

Visit the Rochdale Kingsway Run website www.rochdalekingswayrun.co.uk

LINKS TO ONLINE ENTRY AT WWW.NICE-WORK.ORG.UK

Or use postal entry form overleaf.



Please send your postal entries to:

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

Please complete and return along with your cheque and a large SAE.

Please enter me for:

The Rochdale Kingsway 10k ☐

The Rochdale Kingsway 5K ☐

Inter School Challenge Team entry ☐ Please list all entrants, their dates of birth and school team name

Corporate team ☐ Please list all entrants and their dates of birth

Children's Race ☐

SURNAME_____FORENAME_____DATE OF BIRTH_____

AGE ON 21/09/2014_____

Sex: Male/Female (delete as applicable)

ADDRESS_____

Post Code_____

TELEPHONE NO_____EMAIL ADDRESS_____

RUNNING CLUB_____Affiliated Yes/No. Estimated Time_____

I declare I will be over 15 years of age (10K) or 11 years of age (5K) on 21/09/14 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.

SIGNATURE.....DATE.....

CORPORATE/SCHOOL TEAM _____

ADDITIONAL ENTRANTS' DETAILS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

