



# The 3<sup>rd</sup> Clacton Summer 5K Series

Friday 23<sup>rd</sup> May 2014 at 7.30 pm

Friday 27<sup>th</sup> June 2014 at 7.30 pm

Friday 25<sup>th</sup> July 2014 at 7.30 pm

Friday 29<sup>th</sup> August 2014 at 7.00 pm

Prizes courtesy of  
Tri and Tri Again

Plus Children's Promenade Dash at each event held prior to main event

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

Supporting St Helena Hospice

This popular Friday night summer series returns for a third year. A fast and flat, out and back dash along the promenade from the Greensward Café, the race is also supporting St Helena Hospice and a proportion of each entry fee will go to this worthy cause. Runners of all standards welcome. The course should be fast, but would suit runners of all standards including beginners. Medal to all finishers. Series points awarded for race positions, and in 2014, the best three races to count towards series results.

**Prizes for race winners, courtesy of Tri and Tri Again - plus prizes for vet categories 1 to 7  
Plus team prizes and a special series prize for 1<sup>st</sup> Male and 1<sup>st</sup> Female**

**Venue: Greensward Cafe, Marine Parade West, Clacton-on-Sea, Essex CO15 1XB**

**Public toilets nearby and refreshments available from cafe**

ENTRY FEE: Per event £8.00 attached £10.00 unattached £2.00 extra on the day  
Three Race Season Ticket £21.00 attached £27.00 unattached  
Series entry £27.00 £33.00 unattached £10.00 Children  
Children's Race £3.00

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

CHEQUES: Payable to 'Nice Work' MORE INFORMATION: 01797 230009

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

**FOR ONLINE ENTRY DETAILS, PLEASE VISIT [www.nice-work.org.uk](http://www.nice-work.org.uk)**

Please enter me for: 23<sup>rd</sup> May [ ] 27<sup>th</sup> June [ ] 25<sup>th</sup> July [ ] 29<sup>th</sup> August [ ] All four events [ ]  
Children's Race 3<sup>rd</sup> May [ ] 27<sup>th</sup> June [ ] 25<sup>th</sup> July [ ] 29<sup>th</sup> August [ ] 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 Marshal'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 [ ].