



# The Watford 10K

Bank Holiday Monday May 5<sup>th</sup> 2014 at 10.30am



Held under UK Athletics Rules. Licence Applied for.  
Race organised on behalf of Watford Round Table and  
Watford Mencap by Nice Work

**\*\* Chip timing \*\* Medal to all finishers\*\*  
\*\* New start time \*\* Return to the Bluebells in 2014!\*\***



**Plus Timed 3k Junior Race at 9.45 am  
Children's 1k Fun Run at 10.15 am  
Cassiobury Park, Watford WD18 7HY**



The ever popular Watford 10k returns in 2014, with a return to its favourite setting amongst the bluebells in Cassiobury Park, Watford. The race, organised on behalf of Watford Round Table and Watford Mencap will, once again, be looking to attract runners of all abilities, from experienced athletes to those new to running. In addition to the main 10k race, there is a timed 3k race for younger athletes as well as a 1k children's run.

The race attracts over 1,000 participants and usually sells out – so an early entry is advised.

**Prizes/trophies in 10k for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Male and Female; 1<sup>st</sup> in age categories from Junior to Vet 8  
1<sup>st</sup> Male & Female affiliated Team (3 to count)**

Prize giving and presentations approx 60 minutes after first runner home

**Race Village with Toilets, Refreshments and Trade Stands**

**ENTRY FEE:** £15.00 attached £17.00 unattached £20.00 on the day £7 for 3k £5 for 1k

**ENTRY LIMIT:** 1500 for 10k. Closing date for postal entries is May 2<sup>nd</sup> 2014

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

**PLEASE ENCLOSE:** large SAE. **CHEQUES:** Payable to 'Watford Round Table'

**Enquiries/more information: 01797 230009**

**POSTAL ENTRIES TO:**

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

**TO ENTER ONLINE, PLEASE VISIT THE RACE PAGE AT [www.nice-work.org.uk](http://www.nice-work.org.uk)**

**Watford 10K. Please complete and return along with your cheque and a large sae.**

**Please enter me for: 10k [ ] 3k Junior Race [ ] Children's Fun Run [ ]**

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

AGE ON 05/05/2014 \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

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

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

RUNNING CLUB \_\_\_\_\_ Affiliated Yes/No.

I declare I will be over 15 years of age on 05/05/14 if entering the 10k 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 the age of 18, this entry form should be signed by a parent or 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 [ ]