



The Capital Runners Richmond Park 10K

Prizes sponsored by Sporting Feet

Sundays 12th January 2014, 23rd February 2014, 20th April 2014*,
15th June 2014, 27th July 2014, 31st August 2014
26th October 2014, 14th December 2014**

All races start at 10.00 am

* Special Easter Sunday event with Easter eggs and a Children's Race

** Special Christmas race with Festive goodies and a Children's Race

Held under UK Athletic Rules. UKA Licence applied for.

Returning for a third year, this popular series will once again cover eight races.

A perfect setting for a pacy, traffic-free Sunday morning 10k. The undulating course covers the tracks, trails and footpaths within the park and is suitable for runners of all abilities. Beginners welcome.

Race features chip timing - plus finish line goodies and a medal for you at the finish.

Race managed on behalf of Capital Runners by Nice Work.

Medal to all finishers – plus race winners and category prizes kindly sponsored by

Sporting Feet with shops in Putney and Richmond www.sporting-feet.com

Prizes and trophies for winners and winners of vet categories

Venue: Richmond Park, London SW14 8BJ

ENTRY FEE: Per event £15.00 attached £17.00 unattached £2.00 extra on the day
HM Services Personnel £15.00 £2.00 extra on the day
Eight Race Season Ticket £95.00 attached £105.00 unattached
Four Race Season Ticket £50.00 attached £58.00 unattached

ENTRY LIMIT: 500. Postal closing date is 7 days before race day but entries accepted on day subject to availability

CHEQUES: Payable to 'Dune Runners Ltd' 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 FOR MORE DETAILS

Please enter me for: Insert date (s) of 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 15 years of age or over for the 10K 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, entry form should be signed by a parent/guardian.

SIGNATUREDATE

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 [].