



**Crabtree**  
Property Management



# The Crabtree North London 10k and 5k

## Sunday 12<sup>th</sup> October 2014 at 10.30am

Held under UK Athletic Rules. Licence applied for

A new race for the London race calendar sees a two lap race in the pretty surroundings of Trent Park. The race is part of a year-long initiative by Crabtree Property Management to try and raise £30,000 for the Lullaby Trust with a series of events through the year.

**Prizes/trophies for:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Males, First Male Senior, Vet Categories 1-7, First Male Team (of 3)  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Ladies, First Lady Senior, Vet Categories 1-7, First Lady Team (of 3)  
Plus medal and finish line goodies for all finishers

Prize giving and presentations approx 45 minutes after first runner home

**Venue: Trent Park, Cockfosters Road, Enfield, EN4 0DZ**

ENTRY FEE: 10k                    £14.00 attached    £16.00 unattached    £20.00 on the day  
5k                                £10.00 attached    £12.00 unattached    £15.00 on the day  
ENTRY LIMIT: 500

Postal closing date is 5<sup>th</sup> October but entries accepted on day subject to availability

PLEASE ENCLOSE: SAE.                    CHEQUES: Payable to 'Crabtree Property Management'

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)**

**Enquiries/more information: 01797 230009**

Please enter me for the Crabtree North London 10k [ ] 5k [ ]

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

AGE ON 12/10/2014 \_\_\_\_\_ 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 on 12/10/14 (for the 10k) or 11 years of age (for the 5k) 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 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 [ ]