

The 3rd Gosport Golden Mile, Junior Golden Mile and 5K



Absolute Running

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Sunday May 31st 2015 at 10.00 am

Held under UK Athletics Rules. UKA Licence applied for.

Returning for its third year when over 450 runners joined Andy Vernon and a host of runners for the inaugural Gosport Golden Mile, the race returns again in 2015. The race should appeal to sprinters of all ages, sizes and abilities. Test yourself against the best on this pancake flat point to point 1 Mile course. The course is point to point - so no turnaround to contend with. And, if you've enough energy left, why not try your luck in the Gosport Golden 5K that follows this race? The 5K race is a popular addition to the Hampshire running calendar. A fast and flat, out and back dash along the promenade, the course should be fast, but would suit runners of all standards including beginners.

Both races are heavily sponsored and there will be plenty of prizes up for grabs, including cash prizes for the winners of the Golden Mile.

**** Commemorative gift to all finishers ** Spot prizes** Chip Timing for both races ****

Cash Prizes for Senior Golden Mile winners plus prizes for 5K winners

****Souvenir technical t-shirt available to purchase****

Venue: Stokes Bay Road, Gosport, Hampshire - close to the Bayside Cabin Café - PO12 2QT.

The 5K Race starts and finishes close to Bayside Cabin. Junior 1 Mile Race at 9.30 am;

Senior Golden Mile 10.00 am; 5k Race at 10.45 am

ENTRY FEES:

Advance

On the day

		Advance		On the day
Golden Mile	£5.00 affiliated	£7.00 unaffiliated	£6.00 affiliated	£8.00 unaffiliated
Junior Golden Mile	£5.00 affiliated	£7.00 unaffiliated	£6.00 affiliated	£8.00 unaffiliated
5K	£8.00 affiliated	£10.00 unaffiliated	£10.00 affiliated	£12.00 unaffiliated
Combined Mile and 5k entry	£10.00 affiliated	£15.00 Unaffiliated	£15.00 affiliated	£17.00 unaffiliated
Inter School Challenge - single entrant	£3.00 affiliated	£3.00 unaffiliated	£5.00 affiliated	£5.00 unaffiliated
Inter School Challenge - team entry. Team Event – up to four people	£10.00 affiliated	£10.00 unaffiliated	£15.00 affiliated	£15.00 unaffiliated
Family 1 Mile Run - 2 x adults; 2 x children	£15.00 affiliated	£17.00 unaffiliated	£15.00 affiliated	£17.00 unaffiliated

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Entry form overleaf.

Race numbers will be sent out around two weeks before race day.

ENTRY LIMIT: 500. **CLOSING DATE:** for postal entries May 24th 2015

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Absolute Running Ltd'

POSTAL ENTRIES TO:

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

Enquiries/more information: 01797 230009

Please complete and return along with your cheque and large sae to:

Gosport Golden Mile, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

Please enter me for:

The Golden Mile []

The Golden 5K []

Both The Golden Mile and the Golden 5K []

Inter School Challenge – Single entry []

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

Family 1 Mile Run - 2 x adults; 2 x children [] Please list all entrants and their dates of birth

Please reserve me a finishers technical shirt (state size XL, L, M, S) £7.00 []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 31/5/2015 _____ Sex: Male/Female School (if applicable) _____

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB/SCHOOL TEAM _____ Affiliated Yes/No.

ADDITIONAL ENTRANTS' DETAILS

1.

2.

3.

I confirm that I am physically fit enough to complete the course and I will inform the organisers of any pre-existing relevant health conditions. I accept that I take part in the event at my own risk and that the organisers cannot be held responsible or liable for any personal accident or injury or loss or damage to personal effects that may arise as a result of my entering and participating in the event. I declare that I will be 11 years or older on race day for the 5K. A parent or guardian must accept this declaration if the runner is under 18. I will also obey all Marshall's and organiser's instructions. I have read and accepted the event terms and conditions (if under 18 years parent/guardian to sign)

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

We do not make any of your details available to third parties. Occasionally, we'd like to tell you about some of our other races but if you'd prefer not to receive this information, please tick here []