

The Oliver Fisher Gillingham 10K Run Plus 5k Run and children's race Sunday August 30th 2015 at 10.30am

Held under UK Athletics Rules. Licence Applied for.

Race organised to support the Oliver Fisher Special Care Baby Trust by Nice Work

After another successful year in 2014, The Oliver Fisher Gillingham 10k Run returns again in 2015. The run was established to raise awareness of, and funds for, the Oliver Fisher Special Care Baby Trust which is the charity that fundraises for the Oliver Fisher Neonatal Intensive Care Unit at Medway Maritime Hospital. The Unit helps provide special care for premature or sick babies. The run is suitable for runners of all abilities, from experienced athletes to those new to running.

The race follows a two lap course allowing us to offer a 5k option again in 2015. The run uses a challenging, off road route in and around Capstone Farm Country Park, providing for some stunning views.

****Technical t-shirt and Medal to all finishers****

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

For a full list of prizes available please see our website.

Prize giving and presentations approx 60 minutes after first runner home

Venue: Capstone Farm Country Park, Capstone Road, Gillingham, Kent ME7 3JG

Toilets, Car Parking, Refreshments

ENTRY FEE: £13.00 attached £15.00 unattached £2 extra on the day £3 Children's Race

ENTRY LIMIT: 500. Closing date for postal entries is August 23rd 2015

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

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Oliver Fisher Special Care Baby Trust'

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

Oliver Fisher 10K. Please complete and return along with your cheque and a large sae.

Please enter me for: 10K [] 5K [] Children's Race []

Please state the size of t-shirt you require Sml / Med / Lrg / XLrg

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 30/08/2015 _____ 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 (for the 10k) or 11 years of age (for the 5k) on 30/08/15 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 []