



The Gravesend Floodlit 5K and 10K Series

Thursdays 27th January, 24th February, 24th March, 28th April, 26th May
30th June, 28th July, 25th August, 29th September, 27th October,
24th November, 15th December

7.00 pm start

Held under UK Athletic Rules. Race licence applied for. Accurately measured course

Nice Work is pleased to return to Gravesend Cyclopark in 2022 with our popular floodlit series. A unique opportunity to sharpen up your speedwork throughout the year. The tarmac course is floodlit and its undulating nature will offer just enough of a challenge whilst still allowing for some fast times. Book your slot by the race, in blocks of three, six or buy a season ticket for all twelve races. The races are great for marathon speedwork, as part of a schedule to complete your first 5K and/or 10K – or for those just looking for a timed and measured run on a weekday night. Chip timing including lap times for both races.

Special discounted price for clubs with more than 6 runners in each race Please email for details

- Prizes for leading runners and age category winners in the 10k
- Prizes for first 3 male and female in 5k
- Overall series prize for leading 3 male and female in both races with best 5 races to count.
- Monthly leader board by age category for both races
- Tech t shirt available to purchase for £12. Free if entering all 12 races, if entering more than three races shirts are £10

Venue: Cyclopark, The Tollgate, Wrotham Rd, Gravesend DA11 7NP

ENTRY FEE:	Per event	£12.00 affiliated	£14.00 unaffiliated	£15.00 on the night
	Series of three races	£30.00 affiliated	£36.00 unaffiliated	
	Series of six races	£56.00 affiliated	£64.00 unaffiliated	
	Series of nine races	£80.00 affiliated	£90.00 unaffiliated	
	Full series	£105.00 affiliated	£115.00 unaffiliated	

ENTRY LIMIT: 250. Postal closing date is 4 days before each race day but entries accepted on the day

CHEQUES: Payable to 'Active House Ltd' MORE INFORMATION: 01797 229955

ENTRIES: Nice Work, Office 3, Rye Wharf, Harbour Road, Rye, East Sussex, TN31 7TE

ENTER ONLINE AT www.nice-work.org.uk

Please enter me for Gravesend Floodlit Series:

Please state distance 10k [] 5k []

Please state races you wish to enter _____

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 _____

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I declare I will be 11 years of age or over for the 5K events; 15 years of age or over for 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 application must 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 []