



5k and 10K Run

Sunday 28 June 2015

Held under UK Athletic Rules. Licence applied for

The Institute of Sport Exercise and Health (ISEH) 5K and 10K run returns for a third year within the iconic setting of London's Regents Park. The run is a great way to get active something which we are passionate about here at the ISEH. With a choice of either a 5K or 10K accurately measured flat route, the race is ideal for experienced runners or those new to running. Both races feature chip timing. Sign up today and let's all get active!

Location: The Hub, Regents Park, London, NW1 4RU

Start time: 9.30am (registration open from 7.30am)

Entry fee: 10k £16.00 (affiliated runners) £18.00 (unaffiliated runners)
5k £12.00 Adult (Over 15) £7.00 Child (11- 15 years old)

Entries to: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA.

Please enclose a SAE. Cheques payable to 'ISEH'. Postal closing date is 24 June 2015.

Enter online: www.iseh.co.uk or www.nice-work.org.uk

Your entry fee covers the cost of organising the event. You are welcome to run for the charity of your choice. For more information please visit www.iseh.co.uk or call 01797 230009

Please enter me for the ISEH 5k [] 10k []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 28/06/2015 _____

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 28/06/15 (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 _____

If you do not wish to be added to the ISEH database to receive our monthly email newsletter, please tick here []

Occasionally, Nice Work would like to tell you about some of their other races and events but if you'd prefer not to receive this information, please tick here []