



Medway Summer 5k

Wednesday 6th July 2022 at 7.00 pm

Ranscombe Farm Reserve, Cuxton, Rochester, ME2 1LA

Wednesday 3rd August 2022 at 7.00 pm

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

An undulating route

Wednesday 7th September 2022 at 7.00 pm

Riverside Country Park, Lower Rainham Road, Rainham, Gillingham, Kent ME7 2XH

An 'out and back' flat, course

Wednesday 5th October 2022 at 7.00 pm

Medway Park, Mill Road, Gillingham, Kent ME7 1HF

The series finale track 5k race

Held under UK Athletic Rules. UKA Licence to be applied for

ENTRY FEE:	Per event	£10.00 attached & Medway Leisure Premier members	£12.00 unattached
	Series Entry	£32.00 attached & Medway Leisure Premier members	£40.00 unattached
On The Day	Per event	£12.00 attached & Medway Leisure Premier members	£14.00 unattached
	Series Entry	£40.00 attached & Medway Leisure Premier members	£48.00 unattached

ENTRY LIMIT: 300. Postal closing date is 7 days before race day but entries accepted on day

CHEQUES: Payable to 'Nice Work' MORE INFORMATION: 01797 229955

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

ENTER ONLINE – VISIT www.nice-work.org.uk FOR MORE DETAILS

Please enter me for Medway Summer 5k on July [] August [] September [] October []

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 _____ Affiliated Yes/No.

I declare I will be 11 years of age or over for the 5K 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 years of age application should be signed by a parent/guardian.

SIGNATUREDATE

Under the terms of the General Data Protection Regulation (EU) 2016/679 ("GDPR") we are required to inform you that this information will be held on computers for the purposes of race administration.

You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.

We would like to send you information about future Medway races but require your consent to do so. If you do wish to receive future information about events in the Medway area please tick here []

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 []