



The Gravesend Floodlit 5K and 10K Series

Thursdays 1st October, 5th November, 3rd December 2015

Thursdays 7th January, 4th February, 3th March 2016

Special Finals and Awards Night Thursday 7th April 2016

Onsite parking, Refreshments and superb spectator facilities

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

The return of this popular Winter series after another successful year in 2014/2015. A unique opportunity to sharpen up your speedwork on those dark winter nights. 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 or buy a season ticket for all six races. No medals for each race but special commemorative awards for those who complete three or more races. Winners prizes for each race with special end of season awards for leading runners plus those who show the most improvement over a minimum of three races. The races are great for Spring 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 winter’s night.

5K races start at 7.00 and 10K races at 7.30pm.

Special rates for block bookings from clubs and teams with a minimum of six runners.

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

ENTRY FEE:	Per event	£9.00 affiliated	£11.00 unaffiliated	£2.00 extra on the day
	Series of three races	£23.00	£28.00 unaffiliated	
	Series of six races	£45.00	£52.00 unaffiliated	

ENTRY LIMIT: 200. Postal closing date is 4 days before each race day but entries accepted on the day subject to availability

CHEQUES: Payable to ‘Nice Work’ MORE INFORMATION: 01797 230009

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

ENTER ONLINE AT www.runnersworld.co.uk/events or www.nice-work.org.uk

Please enter me for:

5K races 1st October [] 5th November [] 3rd December [] 7th January [] 4th February [] 3rd March [] 7th April

10K races 1st October [] 5th November [] 3rd December [] 7th January [] 4th February [] 3rd March [] 7th April

Awards and Finals Night (Free to those entering three or more races; single event price applies otherwise) []

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; 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

SIGNATUREDATE

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 [].