



# The 4<sup>th</sup> Bushy Park 10K & 5k Series

Prizes sponsored by Sporting Feet plus £20 voucher spot prizes

Sundays 18<sup>th</sup> January 2015, 15<sup>th</sup> March 2015, 28<sup>th</sup> June 2015,  
9<sup>th</sup> August 2015, 18<sup>th</sup> October 2015, 22<sup>nd</sup> November 2015

Great voucher prizes.

**All races start at 10.00 am**

Held under UK Athletic Rules. UKA Licence applied for.

Returning for a fourth year, this popular series will cover six races in 2015.

**\*\* Plus new for 2015 – a new 5k option \*\***

A perfect setting for a fast, flat and traffic-free Sunday morning race. The flat course covers the tracks, trails and footpaths within the park and is suitable for runners of all abilities. Beginners welcome. Race features chip timing - plus finish line goodies and a medal for you at the finish.

Medal to all finishers – plus race winners and category prizes (10k only) kindly sponsored by

Sporting Feet with shops in Putney and Richmond [www.sporting-feet.com](http://www.sporting-feet.com)

**Venue: Bushy Park, Hampton KT8 9BZ**

ENTRY FEE: Per event 10k £16.00 attached/HM Services £18.00 unattached  
5k £11.00 attached/HM Services £13.00 unattached

**10k** 6 Race Season Ticket £80 attached £86 unattached 3 Race Season Ticket £42 attached £48 unattached

**5k** 6 Race Season Ticket £55 attached £65 unattached 3 Race Season Ticket £28 attached £34 unattached

ENTRY LIMIT: 500. Postal closing date is 4 days before race day but entries are available online up until midnight the night before each race, 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 – VISIT [www.nice-work.org.uk](http://www.nice-work.org.uk) FOR MORE DETAILS**

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

Insert date (s) of events/ indicate Three [ ] or Six [ ] Race Season Ticket

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 15 years of age for the 10k or 11 years of age for the 5k. 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, entry form should be signed by a parent/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 [ ].