

The 4th Lowestoft 5 Mile Promenade Dash

Plus Children's 1 Mile Scurry

A great race event for all the family

Sunday March 29th 2015 at 10.30am

The East Point Pavilion, The Promenade, Lowestoft, Suffolk

Held under UKA Rules. UKA Licence applied for. Accurately measured course.

This nippy 5 mile dash along the Prom is growing in popularity and returns for a fourth time in 2015. There will be a range of finish line goodies on offer plus a medal waiting for you at the finish of this great family event. The course will be suitable for those looking for a speedy 5 mile and/or chasing a pb – but suitable too for those new to running or looking to complete a first time race.

****Medal to all finishers - plus plenty of goodies at the finish!!****

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Senior, Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, First Lady Senior, Vet Categories 1-7, First Lady Team (of 3)
Prize giving and presentations approx 45 minutes after first runner home

Race Start: 10.30am

ENTRY FEE: Main race £11.00 attached £13.00 unattached £2 extra on the day
Children's Race £3.00

ENTRY LIMIT: 350 Postal closing date is 25th March 2015 but entries accepted on day subject to availability

PLEASE ENCLOSE: SAE CHEQUES: Payable to 'Nice Work'

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

Online entry information available at www.nice-work.org.uk

Enquiries/more information: 01797 230009

Please enter me for the Lowestoft 5 Mile Promenade Dash [] Children's Race []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 29/3/2015 _____ 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 29/03/15 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 Marshal's and organiser's instructions. If under the age of 18, applications must be signed by a parent, guardian or carer.

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 []

