

# The Herne Bay Les Golding Memorial 10K



**Sunday July 12<sup>th</sup> 2015 at 10.00 am**  
**Plus 1500m Children's Race**

**Held under UK Athletics Rules. Licence Applied for.**

**Race organised on behalf of Invicta East Kent AC by Nice Work**

The Herne Bay Les Golding Memorial 10K is organised as a memorial to a stalwart of Kent athletics. Les received an MBE in recognition of his services to young athletes and the race has long been a popular part of the Kent road race calendar. Good flat-ish course along the sea front at Herne Bay with good times possible.

**\*\* Chip timing \*\* Medal to all finishers\*\***

**Prizes/trophies for** 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Male and Female; 1<sup>st</sup> in all age categories from Junior to Vet 8  
1<sup>st</sup> Male & Female affiliated Team (3 to count)

Prize giving and presentations approx 60 minutes after first runner home

**Venue:** Herne Bay Sailing Club, Beacon Hill, Herne Bay, Kent, CT6 6BA

**ENTRY FEE:** £14.00 attached £16.00 unattached £20 on the day 1500m £3.00

**ENTRY LIMIT:** 500. Postal closing date is July 9<sup>th</sup> 2015

**Entries available on the day subject to limit not being reached.**

**PLEASE ENCLOSE:** large SAE. **CHEQUES:** Payable to 'Nice Work'

**POSTAL ENTRIES TO:**

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

**Enquiries/more information: 01797 230009**

**ENTER ONLINE** Please visit [www.nice-work.org.uk](http://www.nice-work.org.uk) for links

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**Herne Bay Les Golding 10K. Please complete and return along with your cheque and a large sae.**  
**Please enter me for the 10K race [ ] 1500m Children's Race [ ]**

**SURNAME** \_\_\_\_\_ **FORENAME** \_\_\_\_\_ **DATE OF BIRTH** \_\_\_\_\_

**AGE ON 12/07/2015** \_\_\_\_\_

**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 12/07/15 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 Marshall's and organiser's instructions. If under the age of 18, this entry form should be signed by a parent or 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 [ ]