



The 4th Gravesend Cyclopark 10K

Friday 7th August 2015 at 7.00 pm

Plus Junior races for under and over 8's at 6.30 pm

Held under UK Athletic Rules. Race licence applied for.

Accurately measured course

This summer's evening race for North Kent returns for a fourth year in 2015. The popular four lap format uses the tarmac cycling track located within the Cyclopark facility near Gravesend. The self contained course also incorporates plenty of car parking, great spectator viewing and refreshment facilities. Toilets and changing facilities.

The race is on a traffic-free undulating course and is suitable for all abilities.

**** Awards to all finishers ** plus prizes for:**

1st, 2nd, 3rd Males, First Male Senior, Vet Categories, First Male Team (of 3)

1st, 2nd, 3rd Ladies, First Lady Senior, Vet Categories, First Lady Team (of 3)

Prize giving, presentations and refreshments approx 45 minutes after first runner home

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

ENTRY FEE: £11.00 attached £13.00 unattached £13/£15.00 on the night
£3 Children's Race

ENTRY LIMIT: 300. Closing date is 4th August but entries accepted on the night subject to availability

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

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

MORE INFO & ONLINE ENTRY LINKS: www.nice-work.org.uk

FURTHER INFORMATION AVAILABLE ON 01797 230009

Please enter me for the Gravesend Cyclopark 10K [] Children's Race []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 07/08/2015 _____ 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 07/08/15 for the 10K race 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.

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 []