



The 5th Samphire Hoe 5K Series

Wednesday 3rd June 2015 at 7.30 pm

Wednesday 1st July 2015 at 7.30 pm

Wednesday 5th August 2015 at 7.30 pm

Finals Night Wednesday 2nd September 2015 (7.00 pm)

Plus Children's Promenade Dash at each event held prior to main event
Held under UK Athletic Rules. UKA Licence applied for.

This popular Summer evening series returns for a fifth year to the unique setting of Samphire Hoe - a nationally important and protected landscape in the shadow of the iconic White Cliffs of Dover. Samphire Hoe is one of the few places that you can truly appreciate the drama of the White Cliffs. Great care has been taken to make the landscape at Samphire Hoe fit in this dramatic setting.

The course uses the concrete pathways and unmade tracks on the Hoe and carries a statement of measurement confirming the distance - but because the tracks are unmade the race is officially classified as multi terrain.

The series comprises three fast 5K races with a special Finals Night featuring an end of series 5K plus a feature race for the fastest 20 runners from the first three races competing for a cash prize. Points awarded for race positions, with the best three races to count towards series results. The course should be fast, but would suit runners of all standards including beginners. Medal to all finishers.

Prizes and trophies for winners and winners of vet categories plus special series prizes

Venue: Samphire Hoe, A20, Dover, Kent CT17 9FL. Toilets and refreshments available

ENTRY FEE: Per event £8.00 attached £10.00 unattached £2.00 extra on the day
Children's Race £3.00
Series entry £28.00 £34.00 unattached £10.00 Children

ENTRY LIMIT: 200. Postal closing date is 7 days before race day but entries accepted on 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 - VISIT www.nice-work.org.uk FOR MORE DETAILS

Please enter me for: 3rd June [] 1st July [] 5th August [] 2nd September [] All four events []
Children's Race 3rd June [] 1st July [] 5th August [] 2nd September [] All four events []

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. 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 application should be signed by a parent/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 [].