



sportingfeet



The Bushy Park Summer 10K & 5K Sunday 10th July 2022

Prizes sponsored by Sporting Feet plus £20 voucher spot prizes

Race start 10.00 am

Held under UK Athletic Rules. UKA Licence applied for.

**** Includes a 5k option ****

Celebrate Summer in 2022 at the Bushy Summer 10k & 5k. Taking place within the iconic Bushy Park which is the 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

Venue: Bushy Park, Hampton KT8 9BZ

ENTRY FEE: Per event 10k £18.00 attached/HM Services £20.00 unattached £22 on the day
5k £14.00 attached/HM Services £16.00 unattached £18 on the day

Other races in the series include The Bushy Park New Year on 16th January,
Spring on 15th May, and Christmas on 27th November

Series ticket for all four races 10k £60.00 Attached £68.00 Unattached
5k £48.00 Attached £56.00 Unattached

ENTRY LIMIT: 250. 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 'Active House Ltd' MORE INFORMATION: 01797 229955

ENTRIES: Nice Work, Office 3, Rye Wharf, Harbour Road, Rye, East Sussex, TN31 7TE

ENTER ONLINE – VISIT www.nice-work.org.uk FOR MORE DETAILS

Please enter me for the Bushy Park Summer 10k [] 5k []

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.

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 []