

The Mount Ephraim 10k

Sunday 8th August 2021 at 10.30am

Mount Ephraim Gardens, Hernhill, Faversham, ME13 9TX

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

For many years this race was organised by Canterbury Harriers and is established as a well organised and popular race. The race is now managed by Nice Work.

Your entry to the race will also secure you free family admission to Mount Ephraim Gardens - the beautiful country estate that has been owned by the Dawes family for over 300 years.

Visitors to the Edwardian Gardens will enjoy a captivating experience with breath-taking views of the Kent countryside.

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

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, First Lady 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: 10k £17.00 attached £19.00 unattached £20 on the day
Children's Race £3

ENTRY LIMIT: 500 Postal closing date is 4th August 2021 but entries will be accepted on the day, subject to availability

PLEASE ENCLOSE: SAE **CHEQUES:** Payable to 'AHS Nice Work LTD'

ENTRIES: Race Director, Nice Work, Office 3, Rye Wharf, Harbour Road, Rye, TN31 7TE

MORE RACE INFORMATION AND LINKS TO ONLINE ENTRY AT WWW.NICE-WORK.ORG.UK

Please enter me for the Mount Ephraim 10k [] Children's Race []

PLEASE COMPLETE THE BELOW FORM IN BLOCK CAPITALS.

SURNAME _____ **FORENAME** _____ **DATE OF BIRTH** _____

AGE ON 08/08/2021 _____ **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 08/08/2021 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 and will not wear headphones. I understand that the fee is not refundable and that race numbers are not transferrable.

SIGNATURE.....**DATE**.....

