



The Mornington Chasers

Regents Park Grand Prix 10K Winter Series

Races held on the first Sunday of each Month:
 October 4th, November 1st and December 6th 2015,
 January 10th , February 7th and March 6th 2016

All races start at 9.10 am. Held under UK Athletic Rules. UKA Licence applied for
 This popular race series returns in 2015/2016 with its usual first Sunday in the month slot (excluding January). Regent's Park is the perfect setting for a fast, flat and traffic-free Sunday morning 10k. The flat course covers an accurately measured 10k route within the park and is suitable for runners of all abilities. Beginners welcome. Race features chip timing.

- * Medals for finishers * Race and age category winners' prizes *
- * Commemorative Technical Shirt available to purchase

Race organised by Nice Work supporting Mornington Chasers.
Venue: Regents Park, London NW1 4RU (start location near to The Hub)

ENTRY FEE: Per event £15.00 attached £17.00 unattached
 Six Race Season Ticket £75.00 attached £85.00 unattached
 Three Race Season Ticket £40.00 attached £46.00 unattached

ENTRY LIMIT: 1000. Online entries available until midnight the day before each race; for enquiries re entries on the day, please email info@nice-work.org.uk before race day.

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

CHEQUES: Payable to 'Nice Work' MORE INFORMATION: 01797 230009

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

Please enter me for: Regents Park Winter Series - Insert date (s) of 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 15 years of age or over for the 10K 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, 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 [].