



Absolute Running

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The Absolute Running Gosport 5k Summer Series

Tuesday 9th June 2015 at 7.30 pm

Tuesday 14th July 2015 at 7.30 pm

Tuesday 11th August 2015 at 7.30 pm

Tuesday 8th September 2015 at 7.00 pm

Plus Children's 1k sprint race at each event held prior to main event

Held under UK Athletic Rules. Accurately measured course. UKA Licence to be applied for

This great evening summer series for the south coast returns in 2015, with an accurately measured course and a regular slot of the first Tuesday in the month. The fast out and back Promenade course is ideal for runners of all standards, including beginners those new to running.

Medal to all finishers – plus race winners, category and series prizes.

Prizes and trophies for winners and winners of vet categories 1 to 7

plus a special series prize for 1st Male and 1st Female

Series points based on best three results

Venue: Stokes Bay Road, Gosport, Hampshire - close to the Bayside Cabin Café - PO12 2QT.

ENTRY FEE: Per event £8.00 attached £10.00 unattached £2.00 extra on the day

Children's 1k Sprint £3.00

Three Race Series entry £20.00 attached £26.00 unattached £8.00 Children

Four Race Series entry £25.00 £33.00 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 'Absolute Running' 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: 9th June [] 14th July [] 11th August [] 8th September [] All four events []

Children's Race 9th June [] 14th July [] 11th August [] 8th 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 [].