



# The Capital Runners Richmond Park 10K

Prizes sponsored by Sporting Feet plus £20 voucher spot prizes  
Sundays 11<sup>th</sup> January 2015, 22<sup>nd</sup> February 2015, 14<sup>th</sup> June 2015,  
26<sup>th</sup> July 2015, 23<sup>rd</sup> August 2015  
25<sup>th</sup> October 2015, 13<sup>th</sup> December 2015\*\*

All races start at 10.00 am

\*\* Special Christmas race with Festive goodies

Held under UK Athletic Rules. UKA Licence applied for.

Returning for a fourth year, this popular series will cover seven races in 2015. A perfect setting for a pacy, traffic-free Sunday morning 10k. The undulating 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.

**Race managed on behalf of Capital Runners by Nice Work.**

Medal to all finishers – plus race winners and category prizes kindly sponsored by Sporting Feet with shops in Putney and Richmond [www.sporting-feet.com](http://www.sporting-feet.com)

**Prizes and trophies for winners and winners of age group categories**

**Venue: Richmond Park, London SW14 8BJ**

ENTRY FEE: Per event £16.00 attached £18.00 unattached £20.00 on the day  
HM Services Personnel £16.00 £20.00 on the day  
Seven Race Season Ticket £90.00 attached £100.00 unattached  
Three Race Season Ticket £42.00 attached £48.00 unattached

ENTRY LIMIT: 500. Postal closing date is 4 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](http://www.nice-work.org.uk) FOR MORE DETAILS**

Please enter me for: Insert date (s) of events/ indicate Four [ ] or Seven [ ] Race Season Ticket

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. 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.

SIGNATURE .....DATE .....

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 [ ].