



The 8th London Easter 10k

Plus 2 Mile Fun Run and Children's Easter Egg Scurry.

A great Easter race event for all the family

Easter Monday 22nd April 2019 at 10.30am

Regents Park, London

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

There will be Easter eggs and other seasonal goodies on offer plus a medal waiting for you at the finish of this 10k race held in the splendid surroundings of London's Regents Park.

****Medal and Easter Eggs to all finishers****

Prizes/trophies for: 1st, 2nd, 3rd Males, Vet Categories 1-7
1st, 2nd, 3rd Ladies, Vet Categories 1-7
Prize giving and presentations approx 45 minutes after first runner home

Race Start: 10.30am

ENTRY FEE: Main race £20.00 affiliated £22.00 unaffiliated £25 on the day
2 Mile Fun Run £10.00
Easter Egg Scurry £4.00 Children Under 15

ENTRY LIMIT: 500 Closing date is 15th April 2019 but entries accepted on day subject to availability

PLEASE ENCLOSE: Large SAE **CHEQUES:** Payable to 'Nice Work'

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

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

Please enter me for the London Easter 10k [] 2 Mile Fun Run [] 1 Mile Easter Egg Scurry Adult [] Child []
Please reserve me a souvenir Technical shirt - Add £10.00 to your entry fee and indicate size XS S M L XL

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 22/4/2019 _____ 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 22/04/19 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 Marshal's and organiser's instructions. If under 18 years of age application 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 []

