



The 8th Llandudno Easter 5K Promenade Dash

Plus Children's Easter Egg Scurry

A great Easter race event for all the family

Easter Saturday 20th April 2019 at 10.30am



The Promenade, Llandudno, Conwy

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 speedy 5K Dash out and back along the Promenade. The course is suitable for those looking for a speedy 5K and/or chasing a pb – but suitable too to those new to running. The race will be looking to support the Little Orme Lions Club who will also be fundraising on the Promenade on the day.

****Medal and Easter Eggs to all finishers - plus plenty of goodies at the finish!!****

Prizes/trophies for: 1st, 2nd, 3rd Males Plus Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies Plus 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: Main race £11.00 attached £13.00 unattached £15 on the day
Children's Race £3.00

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

Enquiries/more information: 01797 229955
ENTER ONLINE AT WWW.NICE-WORK.ORG.UK

Please enter me for the Llandudno Easter 5 K Promenade Dash [] Children's Race []

Please complete the below form in **BLOCK CAPITALS**

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

AGE ON 20/04/2019 _____ **Sex:** Male/Female (delete as applicable) **Estimated Time** _____

ADDRESS _____

_____ **Post Code** _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB _____

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I declare I will be over 11 years of age on 20/04/19 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 []

