

# The Gosport Golden Mile & 5k

Sunday 16 June 2019

## Times:

- **Junior Golden Mile:** 09:30 am at Gosport and Fareham Inshore Rescue (GAFIRS)
- **Senior Golden Mile:** 10:00am at Gosport and Fareham Inshore Rescue (GAFIRS)
- **5k:** 10:45am near Bayside Cabin Cafe

The Gosport Golden Mile should appeal to sprinters of all ages, sizes and abilities. Test yourself against the best on this pancake flat point to point one mile course. If you have enough energy why not "do the double" and take part in the Gosport Golden Mile and the 5k run that follows. The 5k race is a fast, relatively flat, out and back, mixed terrain dash. The course takes you along the scenic Stokes Bay promenade, out to and around Gilkicker Fort and returning to finish at the same start point near to the GGM Race Village.

*(Stokes Bay Road, Gosport, Hampshire, PO12 2QT (Race Village close to Bayside Cabin Cafe)*

- Entrants **must** be **16 years and over on race day** for the Senior Mile and **11 years and over** for the 5k.
- Held under UK Athletics Rules. UKA Licence applied for
- Chip timed
- Cash prizes for Golden Mile
- Prizes for 5k
- Commemorative medal for all finishers
- Prize for mile course record
- Souvenir Technical t-shirt available to pre-order or limited numbers available for purchase on the day.

## ENTRY FEES

	Advance Entry		On the Day Entry	
	Affiliated	Unaffiliated	Affiliated	Unaffiliated
Junior Golden Mile Only	£6.00	£8.00	£10.00	£10.00
Senior Golden Mile Only	£8.00	£10.00	£10.00	£10.00
5k Only	£11.00	£13.00	£15.00	£15.00
Combined: Golden Mile & 5k	£15.00	£18.00	£20.00	£20.00

- Entry Limit 500.
- Closing date for postal entries is: **Thursday 13<sup>th</sup> June 2019.**
- Online entries at [www.nice-work.org.uk](http://www.nice-work.org.uk) closing date is **Midnight, Saturday 15<sup>th</sup> June 2019**
- Entries available on the day, subject to race limit not being reached.
- Cheques payable to: **Nice Work**
- Race numbers and timing chips will be sent out approximately two weeks before race day.
- Enquiries / more information: **01797 229955**
- Please send completed entry forms along with your cheque and a large SAE to:

**Gosport Golden Mile, C/O Nice Work, Teviot, Malthouse Lane, Peasmarsh East Sussex TN31 6TA**  
For Interscholar entries please email [info@nice-work.org.uk](mailto:info@nice-work.org.uk) for details.



# The Gosport Golden Mile & 5k

## Entry Form

**Event** (please see information sheet for entry fees)

**Amount £**

Junior Golden Mile only		
Senior Golden Mile only		
5k only		
Combined: Golden Mile and 5k		
Souvenir Technical T-Shirt <b>£15.00</b> (£1.00 of every T-shirt Sale donated to GAFIRS)	Size: XS/S/M/L/XL/XXL (please specify) _____	
I would like to donate to Gosport and Fareham Inshore Rescue Service (GAFIRS) (A charity registered in England (265304))		
<b>TOTAL</b>		

**SURNAME:** \_\_\_\_\_ **FORENAME:** \_\_\_\_\_

**GENDER:** \_\_\_\_\_

**D.O.B:** \_\_\_\_\_

**AGE ON RACE DAY:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**POST CODE:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_

**AFFILIATED** (Yes or No): \_\_\_\_\_

**AFFILIATED RUNNING CLUB:** \_\_\_\_\_

I confirm that I am physically fit enough to complete the course(s) and I will inform organisers of any pre-existing relevant health conditions. I accept that I take part in the event at my own risk and that the organisers cannot be held responsible or liable for any personal accident or injury or loss or damage to personal effects that may arise as a result of my entering and participating in the event. I declare that I will be 11 years or older on race day for the 5k. A parent or guardian must accept this declaration if the runner is under 18. I will also obey all marshals and organiser's instructions. I have read and accepted the event terms and conditions (if under 18 years parent/guardian to sign).

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

