



The Nottingham Winter 5K Series

Thursday 8th November 2018 at 7.30 pm

Thursday 6th December 2018 at 7.30 pm

Thursday 3rd January 2019 at 7.30 pm

Thursday 7th February 2019 at 7.30 pm

Held under UK Athletic Rules. UKA Licence applied for.

Following on from the success of the Nottingham Summer Series we are pleased to announce a new Winter Series for Nottingham. The races are flat out and back route along the Embankment and runners of all standards are welcome, including beginners. Medal and finish line goodies to all finishers. Points awarded for race positions, with the best three races to count towards series results.

Prizes and trophies for winners and winners of vet categories

Plus team prizes and a special series prize for 1st Male and 1st Female

Venue: Victoria Embankment, Nottingham, NG2 2LA

ENTRY FEE: Per event £10.00 attached £12.00 unattached
Series entry £30.00 £36.00 unattached
Three Race Season Ticket £23.00 attached £30.00 unattached

ENTRY LIMIT: 200. Postal closing date is 7 days before race day but entries accepted on day subject to availability

CHEQUES: Payable to 'Nice Work' MORE INFORMATION: 01797 229955

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

MORE INFO & ONLINE ENTRY LINKS: www.nice-work.org.uk

Please enter me for Nottingham 5k : 8th November [] 6th December [] 3rd January [] 7th February [] 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. 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 [].