



The Gosport 5k Summer Series

Tuesdays 9th April, 14th May, 11th June,
9th July, 13th August 2019

Races start at 7.30 pm (7.00 pm for August event)

Plus Children's 1k sprint race at each event held prior to main event

**** New for 2019 – 1k Chip Timed and new 5k course! ****

Held under UK Athletic Rules. Accurately measured course. UKA Licence to be applied for

This great evening summer series for the south coast returns with five races in 2019, with an accurately measured course and a regular slot of the second Tuesday in the month. The fast out and back Promenade course is ideal for runners of all standards, including beginners and those new to running.

Chip timing. Medal to all finishers – plus race winners, category and series prizes.

Prizes and trophies for winners and winners of vet categories 1 to 7

plus a special series prize for 1st Male and 1st Female

Series points based on best four results

Souvenir shirt for all those who enter 4 out of 5 races

Venue: Stokes Bay Road, Gosport, Hampshire - close to the Bayside Cabin Café - PO12 2QT.

ENTRY FEE: Per event	£10.00 attached	£12.00 unattached	£2 extra on the day
Children's 1k Sprint	£5.00		
Three Race Series entry	£27.00 attached	£33.00 unattached	£10.00 Children
Four Race Series entry	£37.00 attached	£45.00 unattached	£13.00 Children
Five Race Series entry	£43.00 attached	£53.00 unattached	£16.00 Children

ENTRY LIMIT: 300. 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 229955

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

ENTER ONLINE – VISIT www.nice-work.org.uk FOR MORE DETAILS

Gosport Summer Series

Please enter me for: April [] May [] June [] July [] August [] All events []
Children's Race April [] May [] June [] July [] August [] All events []

5k Series T-shirt for entrants purchasing 4 or 5 race season tickets please state size: S M L XL

Single entrants may purchase a t-shirt for an additional £10 to be collected at the final race, alternatively add £2 postage

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 for the 5K events. 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 [].