

# The 7<sup>th</sup> K2 Crawley 10K



**Sunday October 28<sup>th</sup> 2018 at 10.30 am**  
**Plus Children's Race**

Held under UK Athletics Rules. Licence Applied for.

**Race organised on behalf Freedom Leisure by Nice Work**

This popular race returns for the seventh time in 2018 and is now an established part of the South East running calendar. The race is organised on behalf of K2 and Freedom Leisure by Nice Work and will be looking to help boost the funds raised for Freedom Leisure's designated charity of the year.

The course is undulating and uses the paths, footpaths, trails and road in and around Tillgate Park. The start and finish are both located on the track at the K2 - so family, friends and supporters can watch you finish in style! The race is suitable for both experienced and first-time runners.

**\*\* Medal to all finishers \*\* Stadium Start and Finish \*\* Chip Timing \*\***

**Prizes/trophies for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Male and Female; 1<sup>st</sup> in all age categories from Junior to Vet 8  
1<sup>st</sup> Male & Female affiliated Team (3 to count)**

Prize giving and presentations approx 60 minutes after first runner home

**Venue:** K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ

**ENTRY FEE:** £15.00 Attached/Freedom Leisure Members £17.00 Unattached  
£20 On the day Children's Race £4.00

**ENTRY LIMIT:** 500. Postal closing date is October 24<sup>th</sup> 2018

**Entries available on the day subject to limit not being reached.**

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

**POSTAL ENTRIES TO:**

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

**Enquiries/more information: 01797 229955**

**VISIT [www.nice-work.org.uk](http://www.nice-work.org.uk) FOR LINKS TO ONLINE ENTRY**

K2 Crawley 10K. Please complete in **BLOCK** Capitals and return along with your cheque and a large sae.  
Please enter me for the 10K race [ ] Children's Race [ ]

**SURNAME** \_\_\_\_\_ **FORENAME** \_\_\_\_\_ **DATE OF BIRTH** \_\_\_\_\_

**AGE ON 28/10/2018** \_\_\_\_\_ **Sex:** Male/Female (delete as applicable)

**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 15 years of age on 28/10/18 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 Marshall's and organiser's instructions. If under the age of 18, this entry form should be signed by a parent or 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 [ ]