



# The 7<sup>th</sup> London Summer 10k

Plus 2 Mile Fun Run and Children's Race - A great event for all the family.

Sunday 11<sup>th</sup> August 2019 at 10.30am

Regents Park, London NW1 4RU (start location near to The Hub)

Held under UKA Rules. UKA Licence applied for. Accurately measured course.

The event returns again in 2019 with this accurately measured scenic 10k within the iconic surroundings of London's Regent's Park. The race will suit both experienced runners and first timers alike. The race will be raising money for charitable causes.

**\*\*Medal to all finishers - plus plenty of goodies at the finish!! \*\* Technical T Shirt available\*\***

**Prizes/trophies for:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Males, First Male Vet Categories 1-7, First Male Team (of 3)  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Ladies, First Lady 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 £18.00 Affiliated £20.00 Unattached £22.00 On the day  
2 Mile Fun Run £10.00 £3.00 Children's Race

**ENTRY LIMIT:** 500 Postal closing date is 8<sup>th</sup> August 2018 but entries accepted on day subject to availability

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

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

**LINKS TO ONLINE ENTRY ARE AVAILABLE AT** [WWW.NICE-WORK.ORG.UK](http://WWW.NICE-WORK.ORG.UK)

For more information you can call us on 01797 229955 or email us at [info@nice-work.org.uk](mailto:info@nice-work.org.uk)

Please enter me for the London Summer 10k [ ] 2 Mile Fun Run [ ] Children's Race [ ]  
Please reserve me a souvenir Technical shirt - Add £8.00 to your entry fee and indicate size XS S M L XL

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

AGE ON RACE DAY \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

Post Code \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB \_\_\_\_\_ Affiliated Yes/No. Estimated Time \_\_\_\_\_

I declare I will be over 15 years of age on 11/08/19 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 [ ]

