



The Derby

Summer 5K Series

Tuesday 28th May 2019 at 7.30 pm
 Tuesday 25th June 2019 at 7.30 pm
 Tuesday 23rd July 2019 at 7.30 pm
 Tuesday 20th August 2019 at 7.00 pm

Held under UK Athletic Rules. UKA Licence applied for.

After a successful debut in 2018 this Tuesday night summer series around Darley Park in Derby returns again in 2019. The races are over a scenic two lap course 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: Darley Park, Darley Park Road, Derby, DE22 1EJ

ENTRY FEE: Per event £10.00 attached £12.00 unattached £2.00 extra on the day
 Series entry £34.00 £40.00 unattached
 Three Race Season Ticket £24.00 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 Derby 5k: 28th May [] 25th June [] 23rd July [] 20th August [] 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 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 [].