



The Gravesend Summer 5K and 10K Series

Friday 7th April, Thursday 4th May, Friday 2nd June 2017

Fridays 14th July, 4th August, 1st September 2017

Onsite parking, Refreshments and superb spectator facilities

Held under UK Athletic Rules. Race licence applied for. Accurately measured course

New for 2017 sees a brand new summer series for Gravesend. A unique opportunity to sharpen up your speedwork through the Summer Months. The tarmac course is floodlit and its undulating nature will offer just enough of a challenge whilst still allowing for some fast times. Book your slot by the race, in blocks of three or buy a season ticket for all six races. The races are great for Autumn marathon speedwork, as part of a schedule to complete your first 5K and/or 10K – or for those just looking for a timed and measured run on a weekday winter's night. Chip timing including lap times for the 10k races.

- Prizes for leading runners and age category winners in the 10k
- Prizes for first 3 male and female in 5k
- Overall series prize for leading 3 male and female in both races with best 5 races to count.
- Monthly leader board by age category for both races
- Prizes for age category course records being broken
- Spot prizes for those runners showing the best improvements

5K races start at 7.00 and 10K races at 7.30pm.

Special rates for block bookings from clubs and teams with a minimum of six runners.

Venue: Cyclopark, The Tollgate, Wrotham Rd, Gravesend DA11 7NP

ENTRY FEE:	Per event	£10.00 affiliated	£12.00 unaffiliated	£2.00 extra on the day
	Series of three races	£25.00	£30.00 unaffiliated	
	Series of six races	£48.00	£54.00 unaffiliated	

ENTRY LIMIT: 250. Postal closing date is 4 days before each race day but entries accepted on the 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 AT www.runnersworld.co.uk/events or www.nice-work.org.uk

Please enter me for Gravesend Summer Series:

5K races 7th April 4th May 2nd June 14th July 4th August 1st September

10K races 7th April 4th May 2nd June 14th July 4th August 1st September

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; 15 years of age or over for 10K 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 application must be signed by a parent or 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 [].