



The 7th Samphire Hoe 5K Series

Friday 25th May 2018 at 7.30 pm

Friday 29th June 2018 at 7.30 pm

Friday 27th July 2018 at 7.30 pm

Friday 31st August 2018 7.00 pm

Plus Children's Promenade Dash at each event held prior to main event

Held under UK Athletic Rules. UKA Licence applied for.

This popular Summer evening series returns for a seventh year to the unique setting of Samphire Hoe - a nationally important and protected landscape in the shadow of the iconic White Cliffs of Dover. Samphire Hoe is one of the few places that you can truly appreciate the drama of the White Cliffs. Great care has been taken to make the landscape at Samphire Hoe fit in this dramatic setting.

The course uses the concrete pathways and unmade tracks on the Hoe and carries a statement of measurement confirming the distance - but because the tracks are unmade the race is officially classified as multi terrain.

The series comprises four fast 5K races. Points awarded for race positions, with the best three races to count towards series results. The course should be fast, but would suit runners of all standards including beginners. Medal to all finishers. Club discounts available for clubs with 6 or more runners – please email us for details.

Prizes and trophies for winners and winners of vet categories plus special series prizes

Venue: Samphire Hoe, A20, Dover, Kent CT17 9FL. Toilets and refreshments available

ENTRY FEE: Per event £8.00 attached £10.00 unattached £2.00 extra on the day

Children's Race £3.00

Series entry £28.00 attached £34.00 unattached £10.00 Children

ENTRY LIMIT: 200. 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

Please enter me for Samphire Hoe 5k Summer Series:

	25 th May []	29 th June []	27 th July []	31 st August []	All four events []
Children's Race	25 th May []	29 th June []	27 th July []	31 st 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 [].