

# The Oliver Fisher Gillingham 10K Run Plus 5k Run and children's race

## Sunday September 17<sup>th</sup> 2017 at 10.30am

Held under UK Athletics Rules. Licence Applied for.

Race organised to support the Oliver Fisher Special Care Baby Trust by Nice Work

After another successful year in 2016, The Oliver Fisher Gillingham 10k Run returns again in 2017. The run was established to raise awareness of, and funds for, the Oliver Fisher Special Care Baby Trust which is the charity that fundraises for the Oliver Fisher Neonatal Intensive Care Unit at Medway Maritime Hospital. The Unit helps provide special care for premature or sick babies. The run is suitable for runners of all abilities, from experienced athletes to those new to running.

The race follows a two lap course allowing us to offer a 5k option again in 2017. The run uses a challenging, off road route in and around Capstone Farm Country Park, providing for some stunning views.

### **\*\*Technical t-shirt and Medal to all finishers\*\***

**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)

For a full list of prizes available please see our website.

Prize giving and presentations approx 60 minutes after first runner home

**Venue:** Capstone Farm Country Park, Capstone Road, Gillingham, Kent ME7 3JG

### **Toilets, Car Parking, Refreshments**

**ENTRY FEE:** £15.00 attached £17.00 unattached £20 extra on the day £3 Children's Race

**ENTRY LIMIT:** 500. Closing date for postal entries is September 13<sup>th</sup> 2017

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

**PLEASE ENCLOSE:** large SAE. **CHEQUES:** Payable to 'Oliver Fisher Special Care Baby Trust'

**Enquiries/more information: 01797 229955**

**POSTAL ENTRIES TO:**

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

**TO ENTER ONLINE, PLEASE VISIT THE RACE PAGE AT [www.nice-work.org.uk](http://www.nice-work.org.uk)**

**Oliver Fisher 10K. Please complete and return along with your cheque and a large sae.**

**Please enter me for: 10K [ ] 5K [ ] Children's Race [ ]**

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

AGE ON 17/09/2017 \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

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

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

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

I declare I will be over 15 years of age (for the 10k) or 11 years of age (for the 5k) on 17/09/17 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 [ ]