



The 2018 Jaguars 10k Series

Including

The Mad March Hare 10k - Sunday 18th March 2018 at 10.00 am

The Mike Groves 10k – Sunday 10th June 2018 at 10.00 am

The Jolly Jaguars 10k – Sunday 23rd September 2018 at 10.00 am

Plus Children's race at each event

New for 2018 - Held under UK Athletic Rules. UKA Licence. Accurately measured course.

This popular series of 10k races return for another year in 2018. A super-fast, traffic-free road course around the old RAF air base at Coltishall. The course is flat and runs along the former runway and around the perimeter track. The event would suit runners of all standards including beginners. Plus enter the series and receive a free race towel. Medals for all finishers and complete all races and see how the medals fit together!

Engraved trophies to:

The 1st, 2nd and 3rd man and the 1st, 2nd and 3rd lady

The 1st man and 1st lady in the age groups 15 – 39 , 40-44 , 45 – 49 , 50-54 , 55 -59 , 60 -67 . 68 and over

Team prizes for the first senior and the first veteran team for men and ladies

Venue: RAF Coltishall, Coltishall, Norfolk, NR10 5AJ

ENTRY FEE: Per 10k event £13.00 attached £15.00 unattached £2.00 extra on the day
Series entry £36.00 attached £42.00 unattached

ENTRY LIMIT: 750. Postal closing date is 4 days before race day but entries accepted on day subject to availability.

CHEQUES: Payable to 'Coltishall Jaguars RC' MORE INFORMATION: 01797 229955

ENTRIES: Jaguars 10k Series, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

ENTER ONLINE – visit www.nice-work.org.uk for links

Please enter me for: Mad March Hare 10k [] Mike Groves 10K [] Jolly Jaguars 10k [] All three 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 _____ Affiliated Yes/No. Estimated Time _____

I declare I will be over 15 years of age on race day 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 18 years of age, entry form 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 []