



# 5K and 10K Run

## Sunday 24 June 2018

Held under UK Athletic Rules. Licence applied for.

The Institute of Sport Exercise and Health (ISEH) 5K and 10K run returns for a 6th year within the iconic setting of London's Regents Park. The run is a great way to get active something which we are passionate about here at the ISEH. With a choice of either a 5K or 10K accurately measured flat route, the race is ideal for experienced runners or those new to running. Both races feature chip timing. In addition there will also be a 2.5K route. Sign up today and let's all get active!

**Location:** The Hub, Regents Park, London, NW1 4RU

**Start time:** 10am (registration open from 8.30am)

**Entry fee:** 10K (over 15 years old) £18.00 (affiliated runners) £20.00 (unaffiliated runners)  
 5K (over 11 years old) £10.00 (affiliated runners) £12.00 (unaffiliated runners)  
 2.5K (any age) £5.00

**Entries to:** Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA.

**Please enclose a SAE. Cheques payable to 'ISEH'. Postal closing date is 17 June 2018.**

**Enter online:** [www.nice-work.org.uk](http://www.nice-work.org.uk)

Your entry fee covers the cost of organising the event. You are welcome to run for the charity of your choice. For more information please visit [www.iseh.co.uk](http://www.iseh.co.uk) or call 01797 229955

Please enter me for the ISEH 2.5K [ ] 5K [ ] 10K [ ]

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

AGE ON 24/06/2018 \_\_\_\_\_ 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 24/06/18 (for the 10k) or 11 years of age (for the 5k) 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 application should be signed by a parent/guardian.

SIGNATURE.....DATE.....

If you do not wish to be added to the ISEH database to receive our monthly email newsletter, please tick here [ ]

Occasionally, Nice Work would like to tell you about some of their other races and events but if you'd prefer not to receive this information, please tick here [ ]