

# The 5<sup>th</sup> Medway 10K

@medwaysport



## Sunday June 4<sup>th</sup> 2017 at 9.00am

Held under UK Athletics Rules. Licence Applied for.

Race organised on behalf of Medway Council by Nice Work

The Medway 10k returns for its fifth year in 2017, as part of the Medway Festival of Sport, with support from Medway Council. The race will, once again, be looking to attract runners of all abilities, from experienced athletes to those new to running. The 2017 Medway 10k will be looking to help raise money for the designated charity - Wisdom Hospice - and runners are encouraged to help raise money to help the Hospice through sponsorship.

**\*\* Chip timing \*\* Medal to all finishers\*\* Fun Runs for younger runners \*\***

Road closures enable a track start and finish with great spectator facilities

**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)

Prize giving and presentations approx 60 minutes after first runner home

**Venue:** Medway Park, Mill Road, Gillingham, Kent ME7 1HF

**Changing, Toilets, Refreshments**

**ENTRY FEE:** £16.00 affiliated £18.00 unaffiliated £20.00 on the day £3 Fun Runs

**ENTRY LIMIT:** 1,000 Closing date for postal entries is May 29<sup>th</sup> 2017

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

**PLEASE ENCLOSE:** large SAE. **CHEQUES:** Payable to 'Nice Work'

**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)**

**Medway 10K. Please complete in block capitals and return along with your cheque and a large sae.**

**Please enter me for:** 10K [ ] Children's Fun Run [ ]

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

**AGE ON 04/06/2017** \_\_\_\_\_

**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 on 04/06/17 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 [ ]