

The Gosport Junior Golden Mile & 5k

Sunday 17 June 2018

Times:

- **Junior Golden Mile:** 09:30am at Gosport and Fareham Inshore Rescue (GAFIRS)
- **5k:** 10:45am near Bayside Cabin Cafe

The Gosport Golden Mile should appeal to sprinters of all ages, sizes and abilities. Test yourself against the best on this pancake flat point to point one mile course. If you have enough energy why not "do the double" and take part in the Gosport Golden Mile and the 5k run that follows. The 5k race is a fast, relatively flat, out and back, mixed terrain dash. The course takes you along the scenic Stokes Bay promenade, out to and around Gilkicker Fort and returning to finish at the same start point near to the GGM Race Village.

(Stokes Bay Road, Gosport, Hampshire, PO12 2QT (Race Village close to Bayside Cabin Cafe)

- Entrants **must** be aged **4 to 15 years on race day** for the Junior Mile and **11 years and over** for the 5k
- Held under UK Athletics Rules. UKA Licence applied for
- Chip timed
- Prizes for 5k
- Commemorative medal for all finishers
- Prize for course record
- Souvenir Technical t-shirt available to pre-order or limited numbers available for purchase on the day.

ENTRY FEES

	Advance Entry		On the Day Entry	
	Affiliated	Unaffiliated	Affiliated	Unaffiliated
Junior Golden Mile Only	£8.00	£10.00	£10.00	£12.00
5k Only	£10.00	£12.00	£12.00	£15.00
Combined: Golden Mile & 5k	£15.00	£18.00	£18.00	£20.00

- Entry Limit 500.
- Closing date for postal entries is: **Thursday 14th June 2018.**
- Online entries at www.nice-work.org.uk closing date is **Midnight, 16th June 2018**
- Entries available on the day, subject to race limit not being reached.
- Cheques payable to: **Nice Work**
- Race numbers and timing chips will be sent out approximately two weeks before race day.
- Enquiries / more information: **01797 229955**
- Please send completed entry forms along with your cheque and a large SAE to:

**Gosport Golden Mile
C/O Nice Work
Teviot, Malthouse Lane
Peasmarsh East Sussex TN31 6TA**



The Gosport Junior Golden Mile & 5k

Entry Form 2017

Event (please see information sheet for entry fees)

Amount £

Junior Golden Mile only

5k only

Combined: Junior Golden Mile and 5k

Souvenir Technical T-Shirt £13.00
(£1.00 of every T-shirt Sale donated to GAFIRS)

Size: S/M/L (please specify) _____

I would like to donate to Gosport and Fareham Inshore Rescue Service (GAFIRS)
(A charity registered in England (265304))

TOTAL

SURNAME: _____

FORENAME: _____

GENDER: _____

D.O.B: _____

AGE ON RACE DAY: _____

ADDRESS: _____

_____ **POST CODE :** _____

PHONE: _____

E-MAIL: _____

AFFILIATED (Yes or No): _____

AFFILIATED RUNNING CLUB: _____

I confirm that I am physically fit enough to complete the course(s) and I will inform organisers of any pre-existing relevant health conditions. I accept that I take part in the event at my own risk and that the organisers cannot be held responsible or liable for any personal accident or injury or loss or damage to personal effects that may arise as a result of my entering and participating in the event. I declare that I will be 11 years or older on race day for the 5k. A parent or guardian must accept this declaration if the runner is under 18. I will also obey all marshals and organiser's instructions. I have read and accepted the event terms and conditions (if under 18 years parent/guardian to sign).

SIGNATURE: _____

DATE: _____

