

The Croydon 10K



Sunday October 8th 2017 at 10.15

Plus Corporate & Club Team Challenges and a 3K Fun Run for 9 – 14 yr olds

Held under UK Athletics Rules. Race licence applied for.

Race organised on behalf of Croydon Harriers and
in conjunction with Croydon Council by Nice Work.

**** Medal and Finish Line Goodies to all finishers ** Chip timing ** Spot prizes****

Prizes/trophies for 1st, 2nd & 3rd Male and Female; 1st in all age categories from Junior to Vet 8

Team prizes based on the cumulative time of the first 5 competitors who must include one woman. 1st and 2nd in Fun Run

Venue: Lloyd Park Avenue, Croydon, Surrey CR0 5SA

ENTRY FEE: £13.00 attached £15.00 unattached £20 on the day
3K Fun Run £5.00 £1 extra on the day

Race numbers will be sent out around two weeks before race day and entries received after October 6th must be collected on the day.

ENTRY LIMIT: 750. **CLOSING DATE:** for postal entries October 4th 2017

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

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Croydon Harriers'

POSTAL ENTRIES TO:

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

Enquiries/more information: 01797 229955 Race website www.croydon10k.com

ENTER ONLINE at www.nice-work.org.uk

Croydon 10K. Please complete and return along with your cheque and a large sae.

Please enter me for the 10 K [] 3K Fun Run []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 08/10/2017 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

CORPORATE TEAM _____

I declare I will be over 15 years of age on 8/10/17 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, applications must be signed by a parent, guardian or carer.

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

We do not make any of your details available to third parties. Occasionally, we'd like to tell you about some of our other races but if you'd prefer not to receive this information, please tick here []