



# The 7<sup>th</sup> Nottingham Summer 5K Series

Wednesday 29<sup>th</sup> May 2018 at 7.00 pm

Wednesday 26<sup>th</sup> June 2018 at 7.00 pm

Wednesday 24<sup>th</sup> July 2018 at 7.00 pm

Wednesday 28<sup>th</sup> August 2018 at 7.00 pm

Held under UK Athletic Rules. UKA Licence applied for.

This Wednesday night summer series grew in popularity last year and returns for a seventh year. The races are over a scenic two lap course in Colwick Country Park and runners of all standards are welcome, including beginners. Medal and finish line goodies to all finishers. Points awarded for race positions, with the best three races to count towards series results.

**Prizes and trophies for winners and winners of vet categories**

**Plus team prizes and a special series prize for 1<sup>st</sup> Male and 1<sup>st</sup> Female**

**Venue: Colwick Country Park, Via River Road, Nottingham NG4 2EW**

ENTRY FEE: Per event £10.00 attached £12.00 unattached £2.00 extra on the day  
Series entry £34.00 £40.00 unattached  
Three Race Season Ticket £24.00 attached £30.00 unattached

ENTRY LIMIT: 200. Postal closing date is 7 days before race day but entries accepted on day subject to availability

CHEQUES: Payable to 'Nice Work' MORE INFORMATION: 01797 229955

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

**MORE INFO & ONLINE ENTRY LINKS: [www.nice-work.org.uk](http://www.nice-work.org.uk)**

Please enter me for Nottingham 5k : 29<sup>th</sup> May [ ] 27<sup>th</sup> June [ ] 24<sup>th</sup> July [ ] 28<sup>th</sup> August [ ] All four 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/TEAM NAME \_\_\_\_\_ Affiliated Yes/No.

I declare I will be 11 years of age or over for the 5K events. 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 .....

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 [ ].