



The I

Can Run

Ipswich Spring 5K

Tuesday 9th April 2019 at 7.30 pm

Plus 2.5km Fun Run at each event held alongside the main event
Held under UK Athletic Rules. UKA Licence applied for.
Accurately measured course.

The I Can Run Ipswich Spring 5k features an undulating two lap course in Christchurch Park. Runners of all standards welcome, including beginners. Medal and finish line goodies to all finishers. Includes chip timing.

Prizes for winners and winners of vet age categories

Venue: Christchurch Park, Ipswich IP4 2BE

Public toilets nearby

ENTRY FEE: £8.00 attached £10.00 unattached £10 on the day
2.5k Fun Run £5.00

ENTRY LIMIT: 350. 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

FOR ONLINE ENTRY DETAILS, PLEASE VISIT www.nice-work.org.uk

Please enter me for I Can Run 5k [] 2.5k Fun Run []

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. 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 marshal's and organiser's instructions. If under 18 years of age application should be signed by a parent/guardian.

SIGNATUREDATE

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 [].