



The 6th Nice Work Richmond Park 10K & 5K Series

Prizes sponsored by Sporting Feet plus £20 voucher spot prizes
Sundays 8th January 2017, 19th March 2017, 11th June 2017, 2nd July
2017, 6th August 2017, 22nd October 2017, 10th December 2017**

All races start at 10.00 am

** Special Christmas race with Festive goodies

Held under UK Athletic Rules. UKA Licence applied for.

Returning for a sixth year, this popular series will cover seven races in 2017.

**** Includes a 5k option! ****

A perfect setting for a pacy, traffic-free Sunday morning race. The undulating course covers the tracks, trails and footpaths within the park and is suitable for runners of all abilities. Beginners welcome. Race features chip timing - plus finish line goodies and a medal for you at the finish.

Medal to all finishers – plus race winners and category prizes kindly sponsored by

Sporting Feet with shops in Putney and Richmond www.sporting-feet.com

Prizes and trophies for winners and winners of age group categories

Venue: Sheen Gate, Richmond Park, London SW14 8BJ

ENTRY FEE: Per event 10k £16.00 attached/HM Services £18.00 unattached

5k £11.00 attached/HM Services £13.00 unattached

10k 7 Race Season Ticket £90 attached £100 unattached 3 Race Season Ticket £42 attached £48 unattached

5k 7 Race Season Ticket £65 attached £76 unattached 3 Race Season Ticket £28 attached £34 unattached

ENTRY LIMIT: 500. Postal closing date is 4 days before race day but entries are available online up until midnight the night before each race, 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

ENTER ONLINE – VISIT www.nice-work.org.uk FOR MORE DETAILS

Please enter me for Richmond Park 10k [] 5k []

Insert date (s) of events/ indicate Three [] or Seven [] Race Season Ticket

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 15 years of age for the 10k or 11 years of age 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 Marshall's and organiser's instructions. If under 18 years of age, entry form 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 [].