



# The Richmond Park Summer 10K & 5K Sunday 8<sup>th</sup> July 2018

Prizes sponsored by Sporting Feet plus £20 voucher spot prizes

Race start at 10.00 am

Held under UK Athletic Rules. UKA Licence applied for.

**\*\* Includes a 5k option \*\***

Come and celebrate Summer in 2018 at The Richmond Park Summer 10k & 5k. Taking place within the picturesque Richmond Park, 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 (10k only) kindly sponsored by Sporting Feet with shops in Putney and Richmond [www.sporting-feet.com](http://www.sporting-feet.com)

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

ENTRY FEE: Per event 10k £17.00 attached/HM Services £19.00 unattached  
5k £14.00 attached/HM Services £16.00 unattached

**Other races in the series include The Richmond Park New Year on 7<sup>th</sup> January, Spring on 15<sup>th</sup> April, and Christmas on 9<sup>th</sup> December 10K & 5K.**

Series ticket for all four races	10k	£56.00 Attached	£64.00 Unattached
	5k	£38.00 Attached	£46.00 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](http://www.nice-work.org.uk) FOR MORE DETAILS**

Please enter me for the Richmond Park Summer 10k [  ] 5k [  ] Series 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.

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 [  ].