



The 7th Podplus Ashford Summer 10K & 5K Series

Friday 19th May 2017 at 7.30 pm

Friday 16th June 2017 at 7.30 pm

Friday 21st July 2017 at 7.30 pm

Friday 18th August 2017 at 7.00 pm

Plus Children's race at each event held prior to main event

Held under UK Athletic Rules. Accurately measured course. Licence applied for.

The return of this popular summer evening series for Ashford in a traffic free, park setting. The 2017 series will once again feature a 10k option as well as the traditional 5k race. Series and race prizes awarded to the best three out of four races in both the 5k and 10k. The fast and slightly undulating course makes this event ideal for setting a new 5k or 10k pb – and it's great too for beginners or those simply looking for a well organised, timed evening run.

Medal to all finishers – plus race winners, category and series prizes.

Venue: Victoria Park, Jemmett Road, Ashford, Kent TN23 4QD

ENTRY FEE: Per event £10.00 attached £12.00 unattached £2.00 extra on the night

Children's Race £3.00 on the day

Three race season ticket £24.00 attached £28.00 unattached

Four race series ticket £34.00 attached £38.00 unattached

ENTRY LIMIT: 200. Postal closing date is 7 days before race day.

Entries accepted on the night 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

ONLINE ENTRY LINKS AT www.nice-work.org.uk

Ashford 10k & 5k Series

Please enter me for: 10K 19th May [] 16th June [] 21st July [] 18th August []

5K 19th May [] 16th June [] 21st July [] 18th August []

Three race season ticket [] Four race 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 11 years of age or over for the 5K events and 15 for the 10k 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.

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 [].