

The London Summer 10k

Plus 2 mile Fun Run and Children's Race - a great event for all the family
 Sunday 13th August 2017 at 10.30am

Regents Park, London NW1 4RU (start location near to The Hub)

Held under UKA Rules. UKA Licence applied for. Accurately measured course

The event returns again in 2017 with this accurately measured scenic 10k within the iconic surroundings of London's Regents Park. The race will suit both experienced runners and first timers alike. The race will be supporting ChildHope, who work with local partners in Africa, Asia and South America helping children transform their futures. If you'd like to make an additional donation to ChildHope you can do so when you submit your entry. ChildHope relies on sponsorship from events such as these to continue their work. If you would like to raise sponsorship money please contact ChildHope via their website www.childhope.org.uk

****Medal to all finishers - plus plenty of goodies at the finish!! ** Technical T Shirt available****

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Vet Categories 1-7, First Male Team (of 3)
 1st, 2nd, 3rd Ladies, First Lady Vet Categories 1-7, First Lady Team (of 3)
 Prize giving and presentations approx 45 minutes after first runner home

Race Start: 10.30am

ENTRY FEE: Main race £18.00 affiliated £20.00 unattached £2.00 extra on the day
 2 Mile Fun Run £5.00 £3.00 Children's Race

ENTRY LIMIT: 500 Postal closing date is 9th August 2017 but entries accepted on day subject to availability

PLEASE ENCLOSE: SAE **CHEQUES:** Payable to 'Nice Work'

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

LINKS TO ONLINE ENTRY ARE AVAILABLE AT WWW.NICE-WORK.ORG.UK

For more information you can call us on 01797 229955 or email us at info@nice-work.org.uk

Please enter me for the London Summer 10k [] 2 Mile Fun Run [] Children's Race []

Please reserve me a souvenir Technical shirt - Add £8.00 to your entry fee and indicate size XS S M L XL

I would like to make a donation to ChildHope of £5 [] £10 [] Other £_____

(You can either add the amount to your entry fee or enclose a separate cheque)

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 13/8/2017 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

I declare I will be over 15 years of age on 13/08/17 and 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.

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 []

