



# The 6<sup>th</sup> London Spring 10k

Plus 2 Mile Fun Run and Children's Race. A great family event.

Saturday 19<sup>th</sup> May 2018 at 10.30am

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

Held under UKA Rules. UKA Licence applied for

The London Spring 10k returns for the sixth year to the iconic setting of London's Regent's Park. A run or a race – suitable for experienced runners and first timers alike. Using the flat, accurately measured three lap course, this fast course is perfect for a fast Saturday morning run.

**\*\*Medal to all finishers - plus plenty of goodies at the finish!!\*\***

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

**Race Start:** 10.30 am

**ENTRY FEE:** Main race £18.00 attached £20.00 unattached £22 on the day  
2 Mile Fun Run £10.00 £3.00 Children's Race

**ENTRY LIMIT:** 500 Closing date for postal entries is 16<sup>th</sup> May 2018 but entries accepted on the day subject to availability

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

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

**MORE RACE INFORMATION AND ONLINE ENTRY AT [WWW.NICE-WORK.ORG.UK](http://WWW.NICE-WORK.ORG.UK)**

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

Please reserve me a souvenir Technical shirt - Add £8 to your entry fee and indicate size XS S M L XL

Please complete the below form in **BLOCK CAPITALS**

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON 19/05/2018 \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB \_\_\_\_\_

**ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)**

I declare I will be over 15 years of age on 19/05/18 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 [ ]