



The 6th Clacton Summer 5K Series

Wednesday 7th June 2017 at 7.30 pm

Wednesday 5th July 2017 at 7.30 pm

Wednesday 2nd August 2017 at 7.30 pm

Wednesday 30th August 2017 at 7.00 pm

Plus Children's Promenade Dash at each event held prior to main event

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

Now on a Wednesday evening this popular summer series returns for a sixth year. A fast and flat, out and back dash along the promenade from the Greensward Café. Runners of all standards welcome. The course should be fast, but would suit runners of all standards including beginners. Medal to all finishers. Series points awarded for race positions, and in 2017, the best three races to count towards series results.

Prizes for race winners plus vet categories

Plus team prizes and a special series prize for 1st Male and 1st Female

Venue: Greensward Cafe, Marine Parade West, Clacton-on-Sea, Essex CO15 1XB

Public toilets nearby and refreshments available from cafe

ENTRY FEE:	Per event	£8.00 attached	£10.00 unattached	£2.00 extra on the day
	Three Race Season Ticket	£21.00 attached		£27.00 unattached
	Series entry	£27.00	£33.00 unattached	£10.00 Children
	Children's Race	£3.00		

ENTRY LIMIT: 200. Postal closing date for each race is 7 days before race day but entries accepted online and on the day 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

FOR ONLINE ENTRY DETAILS, PLEASE VISIT www.nice-work.org.uk

Clacton 5k Please enter me for:	7 th June []	5 th July []	2 nd August []	30 th August []	All four events []
Children's Race	7 th June []	5 th July []	2 nd August []	30 th August []	All four events []

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. 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.

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 [] .