



Patron: HRH The Duchess of Cornwall
Registered charity in England and Wales no: 1124533
and in Scotland no: SC044434



THORNTON

The Thornton 10k & 5k

Including the Paws for a Cure Canicross 5k

Saturday 6th May 2017 at 10.00am

5k & Canicross start – 11.30 am

Raising funds for Medical Detection Dogs

10k Held under UK Athletic Rules. UK Licence applied for.

This brand new event for Buckinghamshire takes place around the pretty grounds of Thornton College. The 10k will be two laps with the Canicross runners completing a single loop. All funds raised from the event will be donated to Medical Detection Dogs. You can find more details about Medical Detection Dogs on their website - www.medicaldetectiondogs.org.uk

**** Medal to all finishers ** Souvenir Technical T-shirts available to purchase ****

10k 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)
1st Male & Female Canicross

Prize giving and presentations approx 60 minutes after first runner home

Venue: Thornton College, Thornton, Milton Keynes, MK17 0HJ

Toilets and changing facilities

ENTRY FEE:	10K	£15.00 affiliated	£17.00 unaffiliated	£20.00 on the day
	5k	£11.00 affiliated	£13.00 unaffiliated	£15.00 on the day
	Canicross	£13.00		

ENTRY LIMIT: 350. Postal closing date is 1st May but entries 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

Enquiries/more information: 01797 229955 ENTER ONLINE PLEASE VISIT www.nice-work.org.uk

Please enter me for the Thornton 10K [] 5k [] Canicross 5k []

Please reserve me a Souvenir Technical T-shirt for £10 in size XS S M L XL XXL

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 6/5/2017 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

DOG NAME _____

I declare I will be over 15 years of age on 6/5/17 for the 10k and I agree that the organizers 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 []