



The Ipswich Summer 5K Series

Tuesday 7th May 2019 at 7.30 pm
Tuesday 4th June 2019 at 7.30 pm
Tuesday 2nd July 2019 at 7.30 pm
Tuesday 6th August 2019 at 7.00 pm

Plus 2.5km Fun Run at each event held alongside the main event

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

The Ipswich Summer Series returns to Tuesday nights in 2019 after another successful boom in numbers in 2018. The race features an undulating two lap course in Christchurch Park. Runners of all standards welcome, including beginners. Medal and finish line goodies to all finishers. Points awarded for race positions, with the best three races to count towards series results.

Prizes for winners and winners of vet age categories

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

Series awards using the best three races to count.

Venue: Christchurch Park, Ipswich IP4 2BE

Public toilets nearby

ENTRY FEE: Per event £8.00 attached £10.00 unattached £2.00 extra on the day
 Series entry £27.00 £33.00 unattached £10.00 Children
 Three Race Season Ticket £21.00 attached £27.00 unattached
 2.5k Fun Run £5.00

ENTRY LIMIT: 200. Postal closing date is 7 days before race day but entries accepted on 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

Ipswich 5k Please enter me for: 7th May [] 4th June [] 2nd July [] 6th August [] All four events []
 2.5k Fun Run 7th May [] 4th June [] 2nd July [] 6th 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.

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 [] .



SIGNATUREDATE

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