



The Richmond Park

Spring 10K & 5K

Sunday 31st March 2019

Prizes sponsored by Sporting Feet plus £20 voucher spot prizes

Race start at 10.00 am

Held under UK Athletic Rules. UKA Licence applied for.

**** Includes a 5k option ****

Come and celebrate Spring in 2019 at The Richmond Park Spring 10k & 5k. Taking place within the picturesque Richmond Park, the undulating course covers the tracks, trails and footpaths within the park and is suitable for runners of all abilities. Beginners welcome. Race features chip timing - plus finish line goodies and a medal for you at the finish.

Medal to all finishers – plus race winners and category prizes (10k only) kindly sponsored by Sporting Feet with shops in Putney and Richmond www.sporting-feet.com

Venue: Sheen Gate, Richmond Park, London SW14 8BJ

ENTRY FEE: Per event 10k £17.00 attached/HM Services £19.00 unattached
5k £14.00 attached/HM Services £16.00 unattached

Other races in the series include The Richmond Park New Year on 6th January, Summer on 7th July, and Christmas on 8th December 10K & 5K.

Series ticket for all four races	10k	£60.00 Attached	£68.00 Unattached
	5k	£48.00 Attached	£56.00 Unattached

ENTRY LIMIT: 500. Postal closing date is 4 days before race day but entries are available online up until midnight the night before each race, 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

ENTER ONLINE – VISIT www.nice-work.org.uk FOR MORE DETAILS

Please enter me for the Richmond Park Spring 10k [] 5k [] Series ticket []

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 15 years of age for the 10k or 11 years of age for the 5k. 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 Marshall's and organiser's instructions. If under 18 years of age, entry form 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 [].