



# The Salcey Forest Christmas 10k & 5k

**Saturday 14<sup>th</sup> December 2019 10.00 am**

**Held under UK Athletic Rules. UK Licence applied for.**

Celebrate Christmas in style and join us for this brand new festive 10k & 5k race using the undulating forest paths and trails in and around Salcey Forest. The event is open to runners of all abilities, from novices to experienced athletes and is perfect for those new to running. If 10k is too far why not try the 5k option? There will be bespoke medals and festive goodies on offer to all finishers.

**\*\* Bespoke medal to all finishers \*\* Chip Timing \*\***

**Prizes/trophies in 10k race for:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Males, Vet Categories 40 - 75, First Male Team (of 3)  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Ladies, Vet Categories 35 - 70, First Lady Team (of 3)  
Prizes in 5k for leading runners

Prize giving and presentation approx 60 minutes after first runner home in each race

**Race HQ: Salcey Forest, Quinton Road, Northampton, NN7 2HX**

ENTRY FEE: 10k £16.00 affiliated £18.00 unaffiliated £20 on the day  
5k £12.00 affiliated £14.00 unaffiliated £15 on the day

ENTRY LIMIT: 500. Postal closing date is 9<sup>th</sup> December but entries on the day subject to availability

PLEASE ENCLOSE: 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](http://www.nice-work.org.uk)

Please enter me for the Salcey Forest Christmas 10k [ ] 5k [ ]

Please complete the below form in BLOCK CAPITALS.

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

AGE ON 14/12/2019 \_\_\_\_\_ 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 for the 10k and 11 years of age for the 5k on 14/12/19 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 if you'd like to receive this information, please tick here [ ] Details of our GDPR & Privacy Policy can be found online at [www.nice-work.org.uk/about/gdprstatement](http://www.nice-work.org.uk/about/gdprstatement)