



The Salcey Forest

10k & 5k

Sunday 14th July 2019 10.00 am

Held under UK Athletic Rules. UK Licence applied for.

Join us for this brand new 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 goodies on offer to all finishers.

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

Prizes/trophies in 10k race for: 1st, 2nd, 3rd Males, Vet Categories 40 - 75, First Male Team (of 3)
1st, 2nd, 3rd 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 fees include vehicle admission charges

ENTRY LIMIT: 500. Postal closing date is 9th July 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

Please enter me for the Salcey Forest 10k [] 5k []
Please complete the below form in **BLOCK CAPITALS**.

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 14/07/2019 _____ 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 14/07/19 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