



# The Bushy Park Spring 10K & 5K Sunday 14<sup>th</sup> April 2019

Prizes sponsored by Sporting Feet plus £20 voucher spot prizes  
Race start 10.00 am

Held under UK Athletic Rules. UKA Licence applied for.

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

Celebrate Spring in 2019 at the Bushy Park Spring 10k & 5k. Taking place within the iconic Bushy Park which is the perfect setting for a fast, flat and traffic-free Sunday morning race. The flat 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](http://www.sporting-feet.com)

**Venue: Bushy Park, Hampton KT8 9BZ**

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 Bushy Park New Year on 13<sup>th</sup> January,  
Summer on 9<sup>th</sup> June, and Christmas on 24<sup>th</sup> November 10K & 5K.

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

ENTRY LIMIT: 300. 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](http://www.nice-work.org.uk) FOR MORE DETAILS**

Please enter me for the Bushy 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.

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 [ ].