The Scottow Sundowner 5k

Wednesday 8th August 2018 at 7.15 pm

Held under UK Athletic Rules. UKA Licence applied for

A super-fast, traffic-free road course around the old RAF air base at Coltishall. The course is flat and runs along the former runway and around the perimeter track. The event would suit runners of all standards including beginners.

Great pb potential!!
Medal to all finishers

Engraved trophies to:

The 1st, 2nd and 3rd man and the 1st, 2nd and 3rd lady

The 1st man and 1st lady in the age groups 15 – 39 , 40-44 , 45 – 49 , 50-54 , 55 -59 , 60 -67 . 68 and over

Team prizes for the first senior and the first veteran team for men and ladies

Venue: **Scottow Enterprise Park, Lamas Road, Badersfield, Scottow, NR10 5FB**

ENTRY FEE: Per 5k event £10.00 attached £12.00 unattached £15.00 on the day

ENTRY LIMIT: 500. Postal closing date is 4 days before race day but entries accepted on day subject to availability.

CHEQUES: Payable to 'Coltishall Jaguars RC' MORE INFORMATION: 01797 229955

ENTRIES: Jaguars 5k, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

ENTER ONLINE – visit **www.nice-work.org.uk for links**

Please enter me for The Scottow Sundowner 5k [ ]

Please complete the below entry form in BLOCK Capitals

SURNAME_____ **FORENAME**_____**DATE OF BIRTH**_____

AGE ON 08/08/2018_____ **Sex: Male/Female (delete as applicable)**

ADDRESS_____

_____

_____

_____**Post Code**_____

TELEPHONE NO_____ **EMAIL ADDRESS**_____

RUNNING CLUB _____**Affiliated Yes/No. Estimated Time**_____

I declare I will be over 11 years of age on race day and 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 application 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 [ ]