



The Bedgebury Pinetum Summer 10k & 5K Series

Wednesday 1st May 2019 at 7.00 pm
 Wednesday 5th June 2019 at 7.00 pm
 Wednesday 3rd July 2019 at 7.00 pm
 Wednesday 7th August 2019 at 7.00 pm

Held under UK Athletic Rules. UKA Licence applied for.

Join us for the return of this great Summer Series for Kent around the picturesque surroundings of Bedgebury Pinetum. The race features an undulating course using the forest tracks and trails within Bedgebury Pinetum. Runners will complete one lap for 5k and two laps for 10k. Runners of all standards welcome, including beginners. Medal and finish line goodies to all finishers. Points awarded for race positions across the series

Entry fee includes vehicle admission charge

Prizes for winners and winners of vet age categories

Plus team prizes and a special series prize for 1st Male and 1st Female Series awards

Venue: Bedgebury National Pinetum & Forest, Bedgebury Road, Goudhurst, Kent, TN17 2SJ

ENTRY FEE:	Per events	5k	£12.00 attached	£14.00 unattached	£15.00 on the day
	Per events	10k	£16.00 attached	£18.00 unattached	£20.00 on the day
	Series entry	5k	£40.00 attached	£48.00 unattached	
	Series entry	10k	£56.00 attached	£64.00 unattached	

ENTRY LIMIT: 200. Postal closing date is 7 days before race day but entries accepted on day 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

FOR ONLINE ENTRY DETAILS, PLEASE VISIT www.nice-work.org.uk

Bedgebury Please enter me for: 5k 1st May [] 5th June [] 3rd July [] 7th August [] All four events []
 10k 1st May [] 5th June [] 3rd July [] 7th August [] All four events []

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 11 years of age or over for the 5K and over 15 years of age for the 10k events. 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 marshal's and organiser's instructions. If under 18 years of age application 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 [].