



# The FC Inter Forest Summer 5K Series

Join us for this brand new evening summer series through some of England's most picturesque forests. The events will be staged across two sites at Wendover Woods and Salcey Forest. Wendover Woods provides a challenge with its rolling hills whilst Salcey will give you a good chance to pick up some speed over the Summer months.

**Race 1 – Wendover - Wednesday 22<sup>nd</sup> May 2019 at 7.00 pm**

**Race 2 – Salcey - 12<sup>th</sup> June 2019 at 7.00 pm**

**Race 3 – Wendover - Wednesday 10<sup>th</sup> July 2019 at 7.00 pm**

**Race 4 – Salcey - Wednesday 14<sup>th</sup> August 2019 at 7.00 pm**

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

Medal to all finishers – plus race winners, category and series prizes. Points awarded for race positions, with the best three races to count towards series results.

**Prizes and trophies for winners and vet categories  
plus a special series prize for 1<sup>st</sup> Male and 1<sup>st</sup> Female**

### Venues

**Wendover Woods, Upper Icknield Way, Ashton Clinton, HP22 5NQ**

**Salcey Forest, Quinton Road, Northampton, NN7 2HX**

ENTRY FEE: Per event £11.00 attached £13.00 unattached £2.00 extra on the day  
Series entry £37.00 £45.00 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

**ENTER ONLINE – VISIT [www.nice-work.org.uk](http://www.nice-work.org.uk) FOR MORE DETAILS**

**Please enter me for FC Summer Series:**

22<sup>nd</sup> May [ ] 12<sup>th</sup> June [ ] 10<sup>th</sup> July [ ] 14<sup>th</sup> 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 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 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 [ ].