

The 6th Medway 10K

@medwaysport



Sunday June 3rd 2018 at 9.00am

Held under UK Athletics Rules. Licence Applied for.

Race organised on behalf of Medway Council by Nice Work

The Medway 10k returns for its sixth year in 2018, as part of the Medway Festival of Sport, with support from Medway Council. The race will, once again, be looking to attract runners of all abilities, from experienced athletes to those new to running. The 2018 Medway 10k will be looking to help raise money for the designated charity - Wisdom Hospice - and runners are encouraged to help raise money to help the Hospice through sponsorship.

**** Chip timing ** Medal to all finishers** Fun Runs for younger runners ****

Road closures enable a track start and finish with great spectator facilities

Prizes/trophies for 1st, 2nd & 3rd Male and Female; 1st in all age categories from Junior to Vet 8
1st Male & Female affiliated Team (3 to count)

Prize giving and presentations approx 60 minutes after first runner home

Venue: Medway Park, Mill Road, Gillingham, Kent ME7 1HF

Changing, Toilets, Refreshments

ENTRY FEE: £16.00 affiliated £18.00 unaffiliated £20.00 on the day £4 Fun Runs

ENTRY LIMIT: 1,000 Closing date for postal entries is May 28th 2018

Entries available on the day subject to limit not being reached.

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Nice Work'

Enquiries/more information: 01797 229955

POSTAL ENTRIES TO:

Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA.

TO ENTER ONLINE, PLEASE VISIT THE RACE PAGE AT www.nice-work.org.uk

Medway 10K. Please complete in block capitals and return along with your cheque and a large sae.

Please enter me for: 10K [] Children's Fun Run []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 03/06/2018 _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No.

I declare I will be over 15 years of age on 03/06/18 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 the age of 18, this entry form should be signed by a parent or 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 []