



The Bedgebury Pinetum Canicross Summer 5K Series

Wednesday 20th June 2018 at 7.00 pm

Wednesday 18th July 2018 at 7.00 pm

Wednesday 15th August 2018 at 7.00 pm

ARC Licence Applied for

****Medal to all finishers ** Includes chip timing ****

Join us for this brand new canicross 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. Canicross runners of all standards welcome, including beginners. Medal and finish line goodies to all finishers. Points awarded for race positions across the series

The race is organised in partnership with Fit Together Canicross, who run Canicross Classes, Courses & Fun Runs in Kent. They will also be on hand at the event to help with any Canicross related questions or advice as well as having kit for sale on the day.

Entry fee includes vehicle admission charge

Prizes for leading runners

Plus 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: £15 per race Series Entry £40

ENTRY LIMIT: 100. 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 20th June [] 18th July [] 15th August [] All three 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 _____

I declare I will be 11 years of age or over for the 5K and that my dog is over 12 months old. 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 [].