



The 7th London Spring 10k

Plus 2 Mile Fun Run and Children's Race. A great family event.

Saturday 18th May 2019 at 10.30am

Regents Park, London NW1 4RU (start location near to The Hub)

Held under UKA Rules. UKA Licence applied for

The London Spring 10k returns for the seventh year to the iconic setting of London's Regent's Park. A run or a race – suitable for experienced runners and first timers alike. Using the flat, accurately measured three lap course, this fast course is perfect for a fast Saturday morning run.

****Medal to all finishers - plus plenty of goodies at the finish!!****

Prizes/trophies for: 1st, 2nd, 3rd Males, Male Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, Lady Vet Categories 1-7, First Lady Team (of 3)
Prize giving and presentations approx 45 minutes after first runner home

Race Start: 10.30 am

ENTRY FEE: Main race £18.00 attached £20.00 unattached £22 on the day
2 Mile Fun Run £10.00 £4.00 Children's Race

ENTRY LIMIT: 500 Closing date for postal entries is 14th May 2019 but entries accepted on the day subject to availability

PLEASE ENCLOSE: Large SAE **CHEQUES:** Payable to 'Nice Work'

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

MORE RACE INFORMATION AND ONLINE ENTRY AT WWW.NICE-WORK.ORG.UK

Please enter me for the London Spring 10k [] 2 Mile Fun Run [] Children's Race []
Please reserve me a souvenir Technical shirt - Add £8 to your entry fee and indicate size XS S M L XL
Please complete the below form in **BLOCK CAPITALS**

SURNAME _____ **FORENAME** _____ **DATE OF BIRTH** _____

AGE ON 18/05/2019 _____ **Sex:** Male/Female (delete as applicable)

ADDRESS _____

_____ **Post Code** _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB _____

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I declare I will be over 15 years of age on 18/05/19 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 Marshal'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 []