**The Gravesend Floodlit 5K and 10K Series**

**Wednesdays 10th October, 14th November, 12th December 2012**

**Wednesdays 9th January, 13th February, 13th March 2013**

**Special Finals and Awards Night Wednesday 10th April 2013**

**Onsite parking, Refreshments and superb spectator facilities**

**Held under UK Athletic Rules. Race permit applied for. Accurately measured course**

A unique opportunity to sharpen up your speedwork on those dark winter nights. The tarmac course is floodlit and its undulating nature will offer just enough of a challenge whilst still allowing for some fast times. Book your slot by the race, in blocks of three or buy a season ticket for all six races. Finals Night offers a free race for those who enter more than three races. No medals for each race but special commemorative awards for those who complete three or more races. Winners prizes for each race with special end of season awards for leading runners plus those who show the most improvement over a minimum of three races. The races are great for Spring marathon speedwork, as part of a schedule to complete your first 5K and/or 10K – or for those just looking for a timed and measured run on a weekday winter’s night.

**5K races start at 7.00 and 10K races at 7.45pm.**

**Special rates for block bookings from clubs and teams with a minimum of six runners.**

**Venue: Cyclopark, The Tollgate, Wrotham Rd, Gravesend 7.00**

ENTRY FEE: Per event £7.00 attached £9.00 unattached £2.00 extra on the day

 Series of three races £18.00 £22.00 unattached

Series of six races £33.00 £37.00 unattached

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

subject to availability

CHEQUES: Payable to ‘Nice Work’ MORE INFORMATION: 01797 230009

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

**ENTER ONLINE AT** [**www.runnersworld.co.uk/events**](http://www.runnersworld.co.uk/events) **or** [**www.nice-work.org.uk**](http://www.nice-work.org.uk)

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**Please enter me for:**

**5 K races on 10th October [ ] 14th November [ ] 12th December [ ] 9th January [ ] 13th February [ ] 13th March [ ]**

**10 K races on 10th October [ ] 14th November [ ] 12th December [ ] 9th January [ ] 13th February [ ] 13th March [ ]**

**Awards and Finals Night (Free to those entering three or more races; single event price applies otherwise) [ ]**

**SURNAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FORENAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE OF BIRTH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**AGE ON RACE DAY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex: Male/Female (delete as applicable)**

**ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**TELEPHONE NO\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EMAIL ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RUNNING CLUB/TEAM NAME ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Affiliated Yes/No.**

**I declare I will be 13 years of age or over for the 5K events; 15 years of age or over for 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 Marshall’s and organiser’s instructions.**

**SIGNATURE ……………………………………………………DATE ……………………………………………………………**