



# The Samphire Hoe 5K Series

Wednesday 30<sup>th</sup> May 2012 at 7.30 pm

Wednesday 27<sup>th</sup> June 2012 at 7.30 pm

Wednesday 25<sup>th</sup> July 2012 at 7.30 pm

**Finals Night Wednesday 29<sup>th</sup> August 2012 at 7.00 pm**

Plus Children's Promenade Dash at each event held prior to main event

Held under UK Athletic Rules. Accurately measured course.

After a successful debut in 2011, this popular Summer evening series returns to the unique setting of Samphire Hoe - a nationally important and protected landscape in the shadow of the iconic White Cliffs of Dover. Samphire Hoe is one of the few places that you can truly appreciate the drama of the White Cliffs. Great care has been taken to make the landscape at Samphire Hoe fit in this dramatic setting. The series comprises three fast 5K races with a special Finals Night featuring an end of series 5K plus a feature race for the fastest 20 runners from the first three races competing for a cash prize. The course should be fast, but would suit runners of all standards including beginners. Medal to all finishers.

**Prizes and trophies for winners and winners of vet categories 1 to 7**

**plus a special series prize for 1<sup>st</sup> Male and 1<sup>st</sup> Female**

**Venue: Samphire Hoe, A20, Dover, Kent CT17 9WR**

**Toilets and refreshments available**

ENTRY FEE: Per event £8.50 attached £10.50 unattached £2.00 extra on the day  
Children's Race £3.00  
Series entry £27.00 £33.00 unattached £10.00 Children

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 230999

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)**

Please enter me for: 30<sup>th</sup> May [ ] 27<sup>th</sup> June [ ] 25<sup>th</sup> July [ ] 29<sup>th</sup> August [ ] All four events [ ]  
Children's Race 30<sup>th</sup> May [ ] 27<sup>th</sup> June [ ] 25<sup>th</sup> July [ ] 29<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 13 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.

SIGNATURE ..... DATE ..... From ukresults.net

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 [ ].