

The Les Golding Memorial 10K



Bank Holiday Monday June 4th 2012 at 10.30 am Plus 1500m Children's Race

Held under UK Athletics Rules. Licence Applied for.

Race organised on behalf of Invicta East Kent AC by Nice Work

The Les Golding Memorial is being reintroduced to the Kent road running calendar after an absence of a few years. The course is undulating but fast times can be recorded – and is a great way to start your Bank Holiday Monday at the seaside. Suitable for both experienced and first-time runners.

**** Chip timing ** Medal to all finishers****

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: Race HQ, Start and Finish close to sea front in Herne Bay – precise details tba

ENTRY FEE: £12.00 attached £14.00 unattached £2 extra on the day

ENTRY LIMIT: 500. Closing date is May 28th

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

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Invicta East Kent AC'

POSTAL ENTRIES TO:

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

Enquiries/more information: 01797 230999

ENTER ONLINE www.runnersworld.co.uk/events or www.nice-work.org.uk

Les Golding Memorial 10K. Please complete and return along with your cheque and a large sae.
Please enter me for the 10K race [] 1500m Children's Race []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 4/6/2012 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

I declare I will be over 15 years of age on 4/6/12 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.

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 []