



The 4th Manchester Christmas Pudding 5 Mile Dash Plus 1 mile Rudolph Scurry

A great seasonal race event for all the family
Sunday 30th November 2014 at 11.00am

Wythenshawe Park, Wythenshawe Road, Wythenshawe, M23 0AB
Held under UKA Rules. Licence applied for.

Get your Christmas running season off to a great start with this Festive favourite! There will be Christmas Puds and other Festive goodies on offer plus a medal and a mince pie will be waiting for you at the finish. The race will be looking to raise funds for the Greenmount Wild Bird Hospital in Bury.

****Medal and Christmas Pud to all finishers - plus mince pies at the finish!****

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Senior, Vet Categories 1-7, First Male Team (of 3)
1st, 2nd, 3rd Ladies, First Lady Senior, Vet Categories 1-7, First Lady Team (of 3)
Prize giving and presentations approx 60 minutes after first runner home

Race Start: 10.30am

ENTRY FEE: Main race £13.00 attached £15.00 unattached £2 extra on the day
1 Mile Scurry £5 Adults £3.00 Children Under 16

ENTRY LIMIT: 350 Closing date is 27th November but entries accepted on 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 LINKS TO ONLINE ENTRY AT WWW.NICE-WORK.ORG.UK

Enquiries/more information: 01797 230009

Please enter me for the Manchester Christmas Pudding Dash [] Rudolph's 1 Mile Scurry Adult [] Child []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 30/11/2014 _____ 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 30/11/14 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 []

