



The 3rd Bridlington Easter 5 Mile Dash

Plus 1 mile Easter Egg Scurry

A great Easter race event for all the family

Good Friday 18th April 2014 at 10.30am

Race HQ on the cliff top adjacent to Lime Kiln Lane Car Park, Lime Kiln Lane, Bridlington, YO15 2LX

Held under UKA Rules. UKA Licence applied for.

Now firmly established on the local running calendar, there will be Easter eggs and other seasonal goodies on offer plus a medal waiting for you at the finish of this 5 mile race. The race uses the footpaths and trails within the grounds as well as on the cliff top. Two-for-one vouchers for admission to Sewerby Hall will be mailed to all entrants and be available on the day to collect. The race will also be looking to raise funds for the ERYC Chairman's Charity Appeal which in 2013 supported the Teenage Cancer Trust (Castle Hill Hospital) and the RSPCA (Bridlington and District Branch). (Please note the course is unsuitable for wheelchairs and pushchairs as some of the course is on grass and woodland trails).

****Medal and Easter Eggs to all finishers - plus plenty of goodies 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 45 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 11th April 2014 but entries accepted on day subject to availability

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

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

Enquiries/more information: 01797 230009. For online entry visit www.nice-work.org.uk

Please enter me for the Bridlington Easter 5 Mile Dash [] 1 Mile Easter Egg Scurry Adult [] Child []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 18/4/2014 _____

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 18/04/14 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.

