



The I Can Run Ipswich Winter Runderland 10k & 5k

Sunday 28th November 2021 at 10.00 am

Plus 2.5km Fun Run held alongside the main event

Held under UK Athletic Rules. UKA Licence applied for.

Accurately measured course.

Get your Christmas season off to a flying start with the I Can Run Ipswich Winter Runderland 10k & 5k! The race features an undulating two lap course within Christchurch Park. Runners of all standards welcome, including beginners. Medal and finish line goodies to all finishers. Includes chip timing.

**** Bespoke medal and Mince Pies for all finishers! ****

Prizes for overall male and female and winners of vet age categories

Venue: Christchurch Park, Ipswich IP4 2BE

Public toilets nearby

ENTRY FEE:	10k	£16.00 affiliated	£18.00 unaffiliated	£20 on the day
	5k	£11.00 affiliated	£13.00 unaffiliated	£15 on the day
	2.5k	£6.00		

ENTRY LIMIT: 350. Postal closing date is 7 days before race day but entries accepted on day subject to availability

CHEQUES: Payable to 'Active House LTD' MORE INFORMATION: 01797 229955

ENTRIES: Nice Work, Office 3, Rye Wharf, Harbour Road, Rye, East Sussex, TN31 7TE

FOR ONLINE ENTRY DETAILS, PLEASE VISIT www.nice-work.org.uk

Please enter me for I Can Run Winter 10k [] 5k [] 2.5k Fun Run []
I would like to pre-order a souvenir festive t-shirt for £10 in size S M L XL

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 15 years of age for the 10k and 11 years of age or over for the 5K. 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.

SIGNATUREDATE

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 [].