



The 11th Southend 5 Mile Rudolph Run

Plus Rudolph Scurry

A great seasonal race event for all the family

Sunday 11th December 2022 at 10:30am

Held under UKA Rules. UKA Licence applied for. Accurately measured course.

Come and celebrate the 11th anniversary of this popular, flat and fast seasonal run along the Promenade. There are 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 aims to raise funds and awareness for local charities.

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

****Chip timing****

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Vet Categories 1-7, First Male Team (of 3)

1st, 2nd, 3rd Ladies, First Lady Vet Categories 1-7, First Lady Team (of 3)

Prize giving and presentations approx 60 minutes after first runner home

Race Start: Adjacent to Ness Road on the Esplanade, Southend, SS3 9HG

ENTRY FEE: 5 Mile £16.00 attached £18.00 unattached £20.00 on the day

Rudolph Scurry £5

ENTRY LIMIT: 750. Postal closing date is 7th December but entries accepted on day subject to availability

PLEASE ENCLOSE: SAE. CHEQUES: Payable to 'Active House LTD'

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

Please enter me for the Southend Rudolph 5 Mile Run [] Rudolph's Scurry []
I would like to pre-order a souvenir festive t-shirt for £12 in size S M L XL
Please complete the below form in BLOCK CAPITALS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 11/12/2022 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

_____ Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I declare I will be over 15 years of age on 11/12/22 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 []

