

The Chasewater 10k Christmas Pudding Dash

Plus 5k Pudding Dash and 1 mile Children's Santa Dash
Saturday 28th November 2015 at 10.30am

Held under UKA Rules. Licence applied for.

A multi-terrain 10k race around the pretty Chasewater Reservoir and Country Park. The undulating two lap route will take in the paths and trails surrounding the Reservoir, an area of scientific interest due to its mass of rare bird nesting sites. The race aims to raise funds for charity whilst also getting people into the Christmas spirit. There are Christmas Puds and other Festive goodies on offer plus a festive medal waiting for you at the finish.

****Medal and Christmas Pud to all finishers *****

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

Venue: Chasewater Country Park, Pool Lane, Burntwood, Staffordshire, WS8 7NL

Race HQ is located at the Innovation Centre, just off the A5

Toilets and baggage storage facilities available

ENTRY FEE: 10k £13.00 attached £15.00 unattached £2.00 extra on the day
5k £8.00 attached £10.00 unattached £2.00 extra on the day
Children's Dash £3.00 £0.50 extra on the day

ENTRY LIMIT: 350. Postal closing date is 22nd November 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

ENTER ONLINE AT www.nice-work.org.uk

Please enter me for the Chasewater 10k [] 5k [] Children's Dash []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 28/11/2015 _____ 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 for the 10k and 11 years of age for the 5k on 28/11/15 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. 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 []

Charity beneficiary

**St Giles
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