



# The 10<sup>th</sup> Southend 5 Mile Rudolph Run

## Plus Rudolph Scurry

A great seasonal race event for all the family

Sunday 19<sup>th</sup> December 2021 at 10.30am

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

Come and celebrate the 10<sup>th</sup> 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:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Males, First Male Vet Categories 1-7, First Male Team (of 3)

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> 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 14<sup>th</sup> 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

**ENTER ONLINE – VISIT [www.nice-work.org.uk](http://www.nice-work.org.uk) FOR LINKS TO ONLINE ENTRY**

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 £10 in size

S M L XL

Please complete the below form in BLOCK CAPITALS

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON 19/12/2021 \_\_\_\_\_ 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 19/12/21 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 [ ]

