



# The 44<sup>th</sup> Saltwood Boxing Day Run



**3 Miles of Mud, hills and hangover cure!**  
**Wednesday 26<sup>th</sup> December 2018 at Midday**  
Held under UKA Rules. UKA Licence applied for.

Now in its 44<sup>th</sup> year, this long-established charity run attracts a huge entry. It's three miles of mud and hills are generally accepted to be the perfect hangover cure. The challenging off road course uses the footpaths, fields and trails in and around Saltwood and is suitable for both experienced runners and beginners alike.

**\*\* Medal to all finishers \*\* All ages welcome! \*\* Prizes for leading runners \*\***

**Race Start:** The Green, Saltwood, Hythe, Kent, CT21 4AJ

ENTRY FEES:	18 and above	£12.00	Affiliated athletes	£10
	15 to 17 years	£5.00	Under 15 years	£3.00
	Family entry – 2 Adults 2 Children	£25.00		



**Entries accepted at:**

The Trophy Shop, , 145 High Street, Hythe CT21 5JL  
Blue Shield Insurance Services, Prospect Road, Hythe CT21 5NS

ENTRY LIMIT: 1500 . Postal closing date is 15<sup>th</sup> December but entries accepted on the day subject to availability  
**Please note this event attracts a large number of on the day entries, so queues are likely.**

**Enter beforehand to avoid the queues!**

PLEASE ENCLOSE: SAE. CHEQUES: Payable to 'The Saltwood Boxing Day Run'

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

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

Please enter me for the Saltwood Boxing Day Run [ ] Family entry [ ]  
For Family entries please write the names and Dates of Births on the back of this form

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

AGE ON 26/12/2018 \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB \_\_\_\_\_ Affiliated Yes/No. \_\_\_\_\_

I declare 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.....

