



# East Coast Santa Dash 2019

## 2K FUN RUN approx JOG, WALK OR SKIP

**Sunday 15<sup>TH</sup> December 2019 10.30am, Gorleston Lower Promenade**

Organised by East Coast Hospice Charity No 1129631. Approx distance 2K (non-measured)

Race begins and finishes on Gorleston Promenade, Plenty of FREE parking available nearby.

**This 2K Fun Run race covers the flat tarmac paths of the Gorleston Promenade**

### OPTIONAL FESTIVE FANCY DRESS

**Adults £7 Children £5 (3-15) Early Bird Registration**

Registration on the day will be an extra £2

**Memento Santa Hat at Start of Race and Medal and to all Entrants on Completion**

### FREE GOODIE BAGS FOR ALL CHILD ENTRIES

Entry Limit 500 - Closing date for postal entries 12th December - Cheques Payable to 'East Coast Hospice' Please send entries to:  
East Coast Santa Dash 5K, Nice Work, Teviot, Malt House Lane, Peasmarsh, East Sussex TN31 6TA

For more information and online entry please link to [www.eastcoastsantadash.org.uk](http://www.eastcoastsantadash.org.uk) or call 01797 229955

\*\*\*\*\*

PLEASE COMPLETE THE FORM BELOW IN BLOCK CAPITALS

ADULTS ENTRIES X  AT £ 7 EACH CHILD ENTRIES X  AT £ 5 EACH **TOTAL PAYABLE**

I CONFIRM THAT I AM THE REPRESENTATIVE FOR THE ENTRANTS ABOVE £ \_\_\_\_\_ : \_\_\_\_\_

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_

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

I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself and 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 this event unless I am medically fit to do so. I will also obey the Marshal's and organiser's instructions. If under 16 years of age application should be signed by a parent/guardian.

I CONFIRM THAT I AM OVER THE AGE OF 16  I am the parent / guardian / adult acting for the parent in locoparentis

SIGNATURE..... DATE.....

Occasionally, we'd like to tell you more about East Coast Hospice fundraising events and news by e-mail or post but if you would prefer not to be contacted please tick here