



East Coast Santa Dash 2019

5K RACE

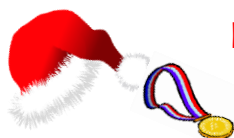
Sunday 15TH December 2019 11.30am, Gorleston Promenade and Cliffs

Organised by East Coast Hospice Charity No 1129631. Accurately measured course and fast times guaranteed.

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

This fast 5K race covers the flat with some inclines on the tarmac paths of the Gorleston Promenade

Medal and Event Santa Hat to all runners, Chip Timing by



Plus, Prizes and Trophies for:

11-15 year olds category

1st Male; 1st Male Veteran Categories 40-54 & 55-75+ 1st Female; 1st Female Veteran Categories 35-49 & 50-70+

Race Registration Point- Pier Gardens NR31 6BU

Entry fee: £10 Affiliated £12 Unaffiliated £15 on the day

Entry Limit 500 - Closing date for postal entries 14th December - Cheques Payable to 'East Coast Hospice'

Please send entries to; East Coast Hospice 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 or call 01797 229955

PLEASE ENTER ME FOR THE EAST COAST SANTA DASH 5K PLEASE TICK

PLEASE COMPLETE THE FORM BELOW IN BLOCK CAPITALS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 15/12/2019 _____ SEX MALE / FEMALE (delete as applicable)

ADDRESS _____

POST CODE _____

TELEPHONE NO _____ EMAIL _____

RUNNING CLUB _____

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

I declare I will be over 16 years of age on the 15/12/2019 and 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.

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