



The 7th Southend 5 Mile Rudolph Run

Plus 1 mile Rudolph Scurry

A great seasonal race event for all the family

Sunday 10th December 2017 at 10.30am

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

A really 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 Action for Children who help support vulnerable children throughout the UK.

****Medal and Christmas Pud to all finishers - plus Festive goodies and mince pies at the finish!****

****Chip timing****

Prizes/trophies for: 1st, 2nd, 3rd Males, First Male Vet Categories 1-7, First Male Team (of 3)

1st, 2nd, 3rd 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 £13.00 attached £15.00 unattached £2.00 extra on the day

Rudolph Scurry £5

ENTRY LIMIT: 600. Postal closing date is 6th December 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

ENTER ONLINE – VISIT www.nice-work.org.uk FOR LINKS TO ONLINE ENTRY

Please enter me for the Southend Rudolph 5 Mile Run []

Rudolph's Scurry []

Please complete the below form in BLOCK CAPITALS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 10/12/2017 _____ 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 10/12/17 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 []



actionforchildren.org.uk

Registered charity nos. 1097940/SC038092

