

The 43rd Saltwood Boxing Day Charity Fun Run

3 Miles of Mud, hills and hangover cure!

Tuesday 26th December 2017 at Midday

Held under UKA Rules. UKA Licence applied for.

Now in its 43rd 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	£10.00
	15 to 18 years	£5.00
	Under 15 years	£2.00
	Family entry – 2 Adults 2 Children	£20.00

ENTRY LIMIT: 1500 . Postal closing date is 15th 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 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 26/12/2017 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

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.....

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 []

