



The 12th Christmas Pudding 5 Mile Dash

Plus 2 mile fun run/walk and
Children's Turkey Drumsticks Scurry
Saturday 16th December 2017 at 10.30am

Held under UKA Rules. Licence applied for.

Now in its 12th year this multi-terrain festive event returns in 2017 to Pett, near Hastings. With plenty of mud and hills to help you earn your Christmas Puds and other Festive goodies, plus a medal and a glass of warming Mulled Wine. There is no better way to kick off your Christmas Festivities.

****Medal and Christmas Pud - plus Mulled Wine at the finish!!****

Special Commemorative medal to all finishers

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

Prize giving and presentations approx 60 minutes after first runner home

Venue: Pett Village Hall, Pett Road, Pett, Hastings, East Sussex, TN35 4HD

Toilets and refreshment facilities

ENTRY FEE: 5 Mile £14.00 attached £16.00 unattached £2.00 extra on the day
Fun run £5.00 £1.00 extra on the day
Children's Dash £3.00

ENTRY LIMIT: 600. Closing date is 12th 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

Enquiries/more information: 01797 229955

ENTER ONLINE AT www.nice-work.org.uk

Please enter me for the Christmas Pudding 5 Mile Dash [] Children's Scurry [] 2 Mile Fun Run []

Please complete the below form in BLOCK CAPITALS

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 16/12/2017 _____ 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 16/12/17 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 Marshall'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 []