



The 7th Bridlington Easter 5 Mile Dash

Plus 1k Easter Egg Scurry and 2 mile Fun Run

A great Easter race event for all the family

Good Friday 30th March 2018 at 10.00am

2 mile Fun Run starts at 9.55 am – Scurry starts at 9.40 am

Race HQ on the cliff top adjacent to Lime Kiln Lane Car Park, Lime Kiln Lane, Bridlington, YO15 2LX

Held under UKA Rules. UKA Licence applied for.

Now firmly established on the local running calendar, there will be Easter eggs and other seasonal goodies on offer plus a special bespoke Easter medal waiting for you at the finish of this 5 mile race. The race uses the footpaths and trails within Sewerby Hall as well as on the cliff top and your entry includes discounted entry to Sewerby Hall and Gardens

****Medal and Easter Eggs to all finishers - plus plenty of goodies at the finish!****

Prizes/trophies for: 1st, 2nd, 3rd Males plus Vet Categories 1-7, First Male Team (of 3)
 1st, 2nd, 3rd Ladies plus Vet Categories 1-7, First Lady Team (of 3)
 Prize giving and presentations approx 45 minutes after first runner home

5 Mile Race Start: 10.00am

ENTRY FEE: Main race £14.00 attached £16.00 unattached £2 extra on the day
 2 mile Fun Run £5.00 Children's Easter Scurry £3.00

ENTRY LIMIT: 350 Closing date is 26th March 2018 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. For online entry visit www.nice-work.org.uk

Please enter me for the Bridlington Easter 5 Mile Dash [] 2 mile Fun Run [] 1k Easter Egg Scurry Adult [] Child []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 30/03/2018 _____ Sex: Male/Female (delete as applicable) Estimated Time _____

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 30/03/18 for the 5 mile race 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.....

