

The 11th Bolt Round the Holt

Saturday 30 March 2019

Start Times:

- **1k Children's race:** 09:15 am – For children aged 4 – 10
- **Canicross 10k & 5k:** 09:45 am
- **Half Marathon:** 10:00 am
- **10k & 5k:** 10:10 am

Race HQ: ALICE HOLT FOREST, BUCKS HORN OAK, FARNHAM GU10 4LS

Join Nice Work and GUTS for this family friendly, traffic free cross-country running event. The series of races raise money for GUTS Fighting Bowel Cancer and always sells out. The event has become the charity's biggest fund raising event and in its 10 year history it has so far raised nearly £100,000 for them.

As your entry fee covers the cost of the event, we ask you to please raise as much as you can for this very worth while cause so that GUTS (Guildford Undetected Tumour Screening) can continue their hard work.

ENTRY FEES

| | Advance Entry | | On the Day Entry | |
|---------------|---------------|--------------|------------------|--------------|
| | Affiliated | Unaffiliated | Affiliated | Unaffiliated |
| 1k Kids Race | £5.00 | | | |
| Half Marathon | £27.00 | £29.00 | £30.00 | £30.00 |
| 10k | £19.00 | £21.00 | £25.00 | £25.00 |
| 5k | £13.00 | £15.00 | £17.00 | £17.00 |
| Canicross 10k | £17.00 | | £20.00 | |
| Canicross 5k | £15.00 | | £20.00 | |
| | | | | |

- Entry Limit 500.
- Closing date for postal entries is: **Wednesday 27th March 2019.**
- Online entries at www.nice-work.org.uk closing date is **Midnight, Friday 29th March 2019**
- Entries available on the day, subject to race limit not being reached.
- Cheques payable to: **GUTS**
- Race numbers and timing chips will be sent out approximately two weeks before race day.
- Enquiries / more information: **01797 229955**
- Please send completed entry forms along with your cheque and a large SAE to:

Bolt Round The Holt, C/O Nice Work, Teviot, Malthouse Lane, Peasmarsh East Sussex TN31 6TA



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Event (please see information sheet for entry fees)

Amount £

| | |
|---------------|--|
| Half Marathon | |
| 10k | |
| 5k | |
| 10k Canicross | |
| 5k Canicross | |
| 1k | |
| TOTAL | |

SURNAME: _____ **FORENAME:** _____

GENDER: _____

D.O.B: _____

AGE ON RACE DAY: _____

ADDRESS: _____

_____ **POST CODE:** _____

PHONE: _____

E-MAIL: _____

AFFILIATED (Yes or No): _____

AFFILIATED RUNNING CLUB: _____

DOG NAME (CANICROSS ONLY): _____

I confirm that I am physically fit enough to complete the course(s) and I will inform organisers of any pre-existing relevant health conditions. I accept that I take part in the event at my own risk and that the organisers cannot be held responsible or liable for any personal accident or injury or loss or damage to personal effects that may arise as a result of my entering and participating in the event. I declare that I will be 11 years or older on race day for the 5k. A parent or guardian must accept this declaration if the runner is under 18. I will also obey all marshals and organiser's instructions. I have read and accepted the event terms and conditions (if under 18 years parent/guardian to sign).

SIGNATURE: _____

DATE: _____

