



# The 2<sup>nd</sup> Southend 5 Mile Rudolph Run

## Plus 1 mile Rudolph Scurry

**A great seasonal race event for all the family**  
**Sunday 9<sup>th</sup> December 2012 at 10.30am**

**Held under UKA Rules. UKA Permit applied for. Accurately measured course.**

A flat and fast seasonal run along the Promenade. There are Christmas Puds and other Festive goodies on offer plus a medal, a mince pie and a glass of warming Mulled Wine will be waiting for you at the finish.

The race is a fundraiser for The Children's Trust which provides care, education, therapy and rehabilitation to children with multiple disabilities, complex health needs and acquired brain injury.

**\*\*Medal and Christmas Pud to all finishers - plus Mulled Wine and mince pies at the finish!\*\***

**\*\*Collect your special free Reindeer Antlers on the morning!\*\***

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

**ENTRY FEE:** 5 Mile £13.00 attached £15.00 unattached £2.00 extra on the day  
 1 Mile Scurry £5 Adults £3.00 Children Under 16

**ENTRY LIMIT:** 350. Closing date is 2<sup>nd</sup> December but entries accepted on day subject to availability

**PLEASE ENCLOSE:** SAE. **CHEQUES:** Payable to 'The Children's Trust'

**ENTRIES:** Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

**ENTER ONLINE AT [www.runnersworld.co.uk/events](http://www.runnersworld.co.uk/events)**

**Please enter me for the Southend Rudolph 5 Mile Run [ ] Rudolph's 1 Mile Scurry Adult [ ] Child [ ]**

**SURNAME** \_\_\_\_\_ **FORENAME** \_\_\_\_\_ **DATE OF BIRTH** \_\_\_\_\_

**AGE ON 9/12/2012** \_\_\_\_\_ **Sex: Male/Female (delete as applicable)**

**ADDRESS** \_\_\_\_\_

\_\_\_\_\_

**Post Code** \_\_\_\_\_

**TELEPHONE NO** \_\_\_\_\_ **EMAIL ADDRESS** \_\_\_\_\_

**RUNNING CLUB** \_\_\_\_\_ **Affiliated Yes/No. Estimated Time** \_\_\_\_\_

I declare I will be over 15 years of age on 9/12/12 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.

**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 [ ]



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