



UK: Athletics Affiliated

Licence No 2010-101008

**WORTHING RUNNING SISTERS  
WOMENS CHRISTMAS CRACKER CHASE  
5KM AND 10KM**

The 10k course will be from **Worthing Lido** to Sea Lane Ferring & back. The 5k will turn at Sea Place. There will be mince pies, fruit, squash and crackers at the finish. A donation will be made to Live Life Then Give Life & The Salvation Army from any profit made.

- Date Saturday 4th December 2010 at 10.00am
- Course Flat, approximately 5k or 10k out and back along the seafront
- Start At **The Lido** west of the pier on the promenade.
- Toilets At the Lido and on the promenade.
- Drinks At the finish, and at the turn on the 10k course
- Prizes Trophies for first three finishers in 5k and 10k. Memento to all finishers.
- Entry Fee £5 affiliated, £7 unaffiliated for either distance. £6 or £8 on the day (Cheques to Worthing Running Sisters). Late entries desk in the Lido café.
- Entries to Race Secretary, 3 Chaucer Lodge, Longfellow Road, Worthing, BN11 4NU  
**Please include a stamped addressed envelope and ensure correct postage is paid. A large envelope requires additional postage. Numbers will be sent out early November.**

Entries received after 26<sup>th</sup> Nov – collect your number on the day

Results Will be available on our website [worthingrunningsisters.org.uk](http://worthingrunningsisters.org.uk)

☎ Enquiries 01903 206818    📧 Enquiries [carolandsue@hotmail.co.uk](mailto:carolandsue@hotmail.co.uk)

For more events see [www.realbuzzrunbritain.com](http://www.realbuzzrunbritain.com)

*(please note this event is for women only)*



Surname ..... Forename .....

Address .....

..... Tel No .....

Date of Birth ..... *(we would like you to be over 16yrs if entering the 10k)*

Club..... Affiliated? Yes/No.

EA competition licence no if affiliated.....

Affiliated fee £5.00. Unaffiliated fee £7.00.

Entries on the day Affiliated £6.00. Unaffiliated £8.00

I am entering the    5k     10k  and enclose my entry fee of £.....

*If you are intending to walk the whole distance please enter the 5k.*

*I certify that I am physically fit to run and understand that I enter at my own risk. I will not hold the organisers responsible for anything that may go wrong.*

Signature ..... Date .....

*(Parent or Carer if entrant is under 18)*

PLEASE DON'T FORGET YOUR  
STAMPED ADDRESSED ENVELOPE

