



**WORTHING RUNNING SISTERS  
WOMEN'S CHRISTMAS CRACKER CHASE 5K AND 10K.  
SATURDAY 7<sup>th</sup> DECEMBER 2019**

UK ATHLETICS AFFILIATED LICENCE NO 2019-37057

The course is flat, *approximately* 5k and 10k, out and back along the seafront. The course is not suitable for wheelchairs. Both distances start and finish at The Lido. The 5k will turn at Sea Place. The 10k will turn at Sea Lane Ferring. There will be mince pies, squash and water at the finish.

DATE: SATURDAY 7<sup>th</sup> DECEMBER 2019.

TIME: 10am START.

VENUE: THE LIDO, WEST OF THE PIER ON THE PROMENADE.

Affiliated runner fee £6 in advance, Non EA affiliated runner fee £8 in advance. **All entries on the day £10.**

Entries to Race Secretary:- 118 Broomfield Avenue, Worthing, West Sussex BN14 7SE

**Please include SAE.**

**Please note, runners with baby joggers will not be allowed. Runners with ear phones will not be allowed.**

Race numbers will be posted out in early November. Race limit 150. Entries received after 25<sup>th</sup> November Collect race number on the day.

ENTRIES ON THE DAY WILL BE SUBJECT TO AVAILABILITY. LATE ENTRIES DESK WILL BE IN THE LIDO, CASH ONLY. CORRECT MONEY PLEASE. LATE ENTRIES WILL CLOSE AT 9.45.

TOILETS. At The LIDO and on the promenade.

DRINKS. At 10k turn and at the finish.

FIRST AID. Will be available on the day.

PRIZES. Trophies to first 3 finishers in both events. Memento and Christmas Cracker to all finishers.

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

ENQUIRIES 01903 537617 or [worthingrunningsisters@outlook.com](mailto:worthingrunningsisters@outlook.com)

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

**PLEASE NOTE THIS EVENT IS FOR WOMEN ONLY.**

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

Address.....

Email ..... Tel number.....

Date of birth..... ***We would like you to be over 16 if entering the 10k.***

Club..... EA competition licence number.....

Entry fee: With EA licence £6..... Without EA licence £8..... **All entries on the day £10.**

**I am entering the 5k.....10k..... Please tick which distance you are entering.**

I enclose my entry fee of £..... Cheques payable to Worthing Running Sisters.

Send to Race Secretary 118 Broomfield Avenue Worthing West Sussex BN14 7SE **with SAE please.**

**No SAE, collect your number on the day.**

RACE MARSHALLS AND START/FINISH WILL BE CLEARED FROM THE COURSE AT 11.45am.

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.....

Disabled participants can contact Emily on 07763904175 for race information and suitability.