

Love **Essex** • Love **Wildlife**

# RUNNING WILD

## FREE ENTRY

for anyone who can  
raise at least **£100** for  
Essex Wildlife Trust!

SCAN THE  
QR CODE TO  
BOOK YOUR  
SPACE NOW



**\*70% of your sponsorship  
must be with Essex Wildlife  
Trust no later than Friday  
9 September 2022 to secure  
your free place.**

## On your marks... get set... MUD!

Grab your friends, family, colleagues and teammates to take on this fun & exciting challenge in the name of wildlife! Held at the award-winning Nuclear Races Wild Forest site, enjoy 90 action packed minutes of obstacles, water, climbing, sliding – and lots of mud!

Join us **Saturday 8 October 2022** for Running Wild at **Wild Forest, Parsonage Road, Brentwood**. Suitable for adults and children 13yrs+ to participate.

All entries will include a **free Running Wild medal**, a **free reusable water bottle**, a **post-race hot drink**, **free onsite parking**, a **hot shower** at the end of the race and a **free digital fundraising guide**.



**Essex  
Wildlife Trust**