



CHRISTMAS 10K

(CHRISTCHURCH)

ORGANISED BY CHRISTCHURCH RUNNERS

IN ACCORDANCE WITH UK ATHLETICS RULES. ROAD RACE LICENCE NUMBER 20090279

5th RACE IN THE RUNNING TREES SERIES

SUNDAY 13th DECEMBER 2009 11.00am

Start and Finish - MARTINS HILL LANE, BURTON

NOTE: NO DOGS OR BUGGIES WILL BE PERMITTED IN THE CHRISTMAS 10K

ALL RUNNERS COMPLETING THE COURSE WILL RECEIVE A CHRISTMAS PUDDING

* FULLY MARSHALLED * MILE MARKERS * HOT DRINKS AT THE FINISH * A FAST RURAL COURSE *

* MINIMUM AGE ON RACE DAY 15 YEARS * A PB COURSE *

Race numbers will be dispatched from mid-November

PRIZES TO BE AWARDED IN THE FOLLOWING CATEGORIES:

JUNIORS (UNDER 17), SENIOR MEN, SENIOR LADIES,

VETERANS LADIES - 6 AGE GROUPS & VETERANS MEN - 8 AGE GROUPS

NOTE: RUNNERS CAN ONLY CLAIM ONE PRIZE & PRIZES MUST BE CLAIMED ON THE DAY

Course Records: MEN 30:02 (2001) LADIES 34:55 (2004)

CLOSING DATE :

WHEN RACE LIMIT REACHED

RACE LIMIT 650 NO LATE ENTRIES

(In 2008 the race entry limit was reached by MAY)

ENTRY FEE (NON REFUNDABLE)

£7.00 AFFILIATED CLUB RUNNERS

£9.00 UNAFFILIATED RUNNERS

(Note: This includes 50p for postage and 50p allocated to Dorset County AA)

ALL CHEQUES PAYABLE TO CHRISTMAS 10K

Send completed entry form and cheque to

Race Secretary, 66 Stony Lane, Burton, Christchurch, Dorset, BH23 7LE

NO SAE REQUIRED

Sponsored by BAE Systems

----- www.christchurch-runners.org.uk -----

****** CHRISTMAS 10K OFFICIAL ENTRY FORM ******

SURNAME _____ **FORENAME** _____
(please print) (please print)

POSTAL ADDRESS _____
(please print)

TOWN _____ **COUNTY** _____

POSTCODE _____ **GENDER (M/F)** _____

DATE OF BIRTH _____ **AGE ON THE 13th DECEMBER** _____

email address _____
(please print)

Telephone number including STD code
(HOME) _____ **(WORK)** _____

UK: Athletics Affiliated Club _____
(If not a member of a UK: Athletics affiliated club, state Unaffiliated)

UK: Athletics Member Number _____

I declare that I am an amateur as defined by UK Athletics. I agree to abide by the current laws of competition of UK Athletics and any other decisions made by the Race Director. I confirm that I have no medical disabilities which could endanger myself or others taking part and also that I am medically fit to run. I agree that I enter at my own risk and that the organisers or Race Officials will in no way be held responsible for any injury, illness, accident to my person or loss of my property as a result of my participation in this event.

I also understand that no refund can be given in the event that the race is cancelled due to circumstances outside the organiser's control, or if I am unable to compete due to illness or injury.

Data Protection Act: Entry details will be stored on a computer disk by the race organisers. It will not be possible to process Entries for anyone who objects to having his/her details so recorded. Submission of this entry is taken to indicate that the entrant does not object to having his/her details so recorded.

SIGNATURE _____ **DATE** _____
(MUST BE SIGNED BY ABOVE NAMED RUNNER)

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Send completed entry form & cheque (£7.00/£9.00 payable to CHRISTMAS 10K) to

Race Secretary, 66 Stony Lane, Burton, Christchurch, Dorset, BH23 7LE
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Race Number