

TIMBERHONGER 10k & Children's Challenge



Race Entry Form



For online entry see www.timberhonger10k.co.uk.

Return entries to Race Secretary, 9 Townsend Ave, Bromsgrove, B61 0DP.
Please include Stamped Address Envelope (9" x 6").
Cheques made payable to "Timberhonger 10k"
Enquiries: Race Director tel: 01527 570644.



www.timberhonger10k.co.uk
Raising money for Help for Heroes and the
Friends of the Princess of Wales Hospital

Sunday 11th July 2010

Start: 11.00am, Sanders Park, Kidderminster Rd, Bromsgrove
Course: Challenging out and back course on traffic free
country lanes. Certificate of course accuracy held.

Ample free parking, changing, toilets.

Entry: £8 UKA club members / £10 Unattached,
+£1 on the day. Age 15+ before 11th July 2010.

UK Athletics rules apply. Licence applied for.

Strict 500 limit. Enter early to guarantee entry.

10k Prizes:

£75 / £50 / £30 voucher and trophy 1st, 2nd, 3rd man and lady

Trophies 1st Vet (M40, M50, M60, F35, F45, F55), first men's
and ladies' teams (3 to count)

Course Record (Man 33:07, Lady 37:07)

One prize per runner (except team). Medal to all finishers.

Plus spot prizes.

Children's Challenge (1 mile approx):

Start 10.30am. Course entirely within Sanders Park.

Under 15s only. Entry £4. Medal to all finishers.

Trophies for 1st, 2nd, 3rd boy and girl.



In association with



First name _____ Family name _____

Address _____

_____ Post code _____

Phone _____

Date of Birth _____ Male/Female ____ Age on day ____

UKA Affiliated Club/Unattached _____

UKA Club registration number _____

Team name _____

E-Mail (free results service) _____

10k Payments: UKA Affiliated Club Members	£8	<input type="checkbox"/>
Unattached Runners	£10	<input type="checkbox"/>
Children's Challenge: (under 15s only)	£4	<input type="checkbox"/>

I declare that I am medically fit to run and understand that I enter entirely at my own risk and that the organisers will not be responsible for any loss or injury that may occur. I am an amateur as defined by Athletics UK rules.

Signed _____ Date _____

Parent/Guardian (All child entries) _____

Checklist: Entry Form Cheque SAE