

THE BIG 10k

www.big10k.co.uk

The Big 10k Run, Sunday 20 September 2015

We would like to invite you to join us for a day at the seaside for a great 10k running event. The race is perfect for newcomers, seasoned athletes and fun runners.

If you require further details and Online Entry please go to www.big10k.co.uk; Alternatively just fill in this form and pop in the post. There is also a 5k race on the day.

There are also kids races on the day of 500m, 1km and 2km which start 30mins before the 10k race. Enter on the day for these races. Kids races are £3

ENTRY FORM

First name:..... Surname:.....

Gender:..... Date of Birth:..... Age on race day:.....

Address (please include postcode)

.....
.....

Contact telephone number:.....

Email address (essential for sending important race information)

Club:..... UKA REG No: (if applicable)

PAYMENT: Please circle the race you wish to enter: **Big 10K** or **5k Race**

Entry fee for 10k for all runners: £15.00

Entry fee for 5k for all runners: £10:00

On the day entries are £20:00

On the day entries are £12.00

Please make all cheques payable to TL Sports Events Limited and send to PO Box 32, Bexhill on Sea, East Sussex, TN40 1ZD. No refunds can be made on entries

DECLARATION

I am medically fit to run and understand that I enter at my own risk. The race organiser and the official appointed by them will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event, or for any property lost or damaged on the course, in the changing room, or in the vicinity of the course. I hereby declare that I am an amateur according to the rules of UK Athletics

Signed:..... Date:.....