

The Pensford 10k

Sunday 30th April 2017 Entry Form



| | | | | |
|---------------------------|--|----------|------------------------|---------|
| First name(s) | | | | |
| Surname | | | | |
| Date of birth | dd | mm | Yy | Sex m/f |
| Street | | | | |
| Village | | Town | | |
| County | | Postcode | | |
| Phone | | | | |
| Mobile | | | | |
| Emergency Contact | Name | | Phone number | |
| Health issues/Medications | | | Allergies | |
| e-mail | | | e-mail results? Y/N | |
| Affiliated (y/n) | Name of U.K. Athletics Affiliated Club | | | |

Declaration

I agree to this data being stored on computer or other media in connection with the management of the Pensford 10k, subject to terms of Data Protection Act and to publication of my result.
I am an amateur and agree to abide by the rules of The Pensford 10k, and of U.K. Athletics. I will be over fifteen years of age on the day of the event, and accept that the organisers will not be responsible for any accident, injury, damage, action, claim or expenses, which may arise in consequence of participation in this event, however caused.
I understand that I enter the event at my own risk, and undertake not to participate unless I am medically fit to run the event. I also understand that no refund will be given if events beyond the control of the organisers cause cancellation, or if I do not attend. This entry is not transferable. I wish to enter the group indicated above.

Signature:-

date:-

Send this page with cheque payable to 'Pensford 10k' to:-
Entries, Pensford 10k
Unit 7-9, The 306 Industrial Estate, 242 Broomhill Road,
Brislington, Bristol, BS4 5RG,
 We will send you a race information pack.

Essential Information

Start Time: 11am Sunday 30th April 2017

Check-In Advance entrants until 10.30. On the day until 10.15.

Start/Finish: Pensford Memorial Hall, Publow Lane, Pensford, Bristol. BS39 4HW

Entry Fees: £13 /£15 (unaffiliated to UKA) closing date 18/4/16
£15 /£17 on the day (if available).

On-line entry at www.Pensford10k.com.
£13 /£15 + fee. Closing date 28/4/17

Minimum age (10k): 15 years old on race day. No upper age limit

The Course: An undulating hard road race on country lanes in the Chew Valley. Unsuitable for wheelchairs.
Roads closed throughout race and fun run.
Four intermediate and finish water stations.
Left luggage store. Limited shower & changing facilities.
Run under U.K. Athletics rules (licence applied for)
MP3 players not permitted.

Contact: The Race Director, Mill House, Mill Lane, Woollard, Nr Pensford, Bristol BS39 4HX
 Tel: (01761) 490352
 e-mail: info@pensford10k.com
 website: www.pensford10k.com

Fun Run: A gentle 4K run on closed roads for mums, dads and children.
1pm Start from Pensford Memorial Hall.
Entry On the day. . £3.00, £8.00 family.

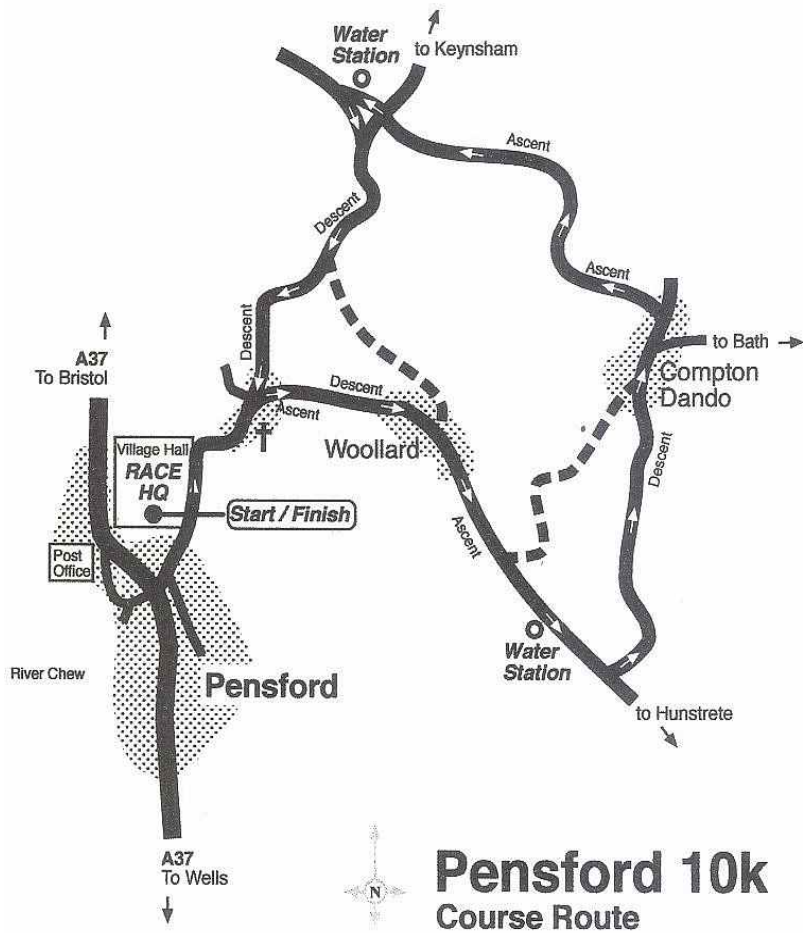
Prizes Bar Refreshments Free Off Road Parking



certificate of course accuracy 15/044

pensford10k

Sunday 30th April 2017



Pensford 10k
Course Route



Entry Form