



ALICE HOLT FOREST FARNHAM 10K Sunday 14<sup>th</sup> Sept 08 www.farnham-runners.org.uk



CLOSING DATE FOR POSTAL ENTRIES: FRIDAY 29<sup>th</sup> AUG 2008 NO ENTRIES ON THE DAY

Post Entries to: Charles Ashby, Race Director, Alice Holt Forest Farnham 10K, Amaris, Thundery Hill, Seale, Farnham, GU10 1LB

Please use block CAPITALS

SURNAME:..... FORENAME:..... SEX: M / F D.O.B:..... AGE ON RACE DAY:..... ADDRESS:..... POSTCODE:..... TELEPHONE:..... EMAIL:..... CLUB NAME:..... AFFILIATED: Y / N

10K Entry Fee: £11 Non affiliated, £9 Club affiliated (No entries on the day)

- 10K Prizes: Male: 1st, 2nd & 3rd - Sen & V40 • 1st & 2nd - V50 & V60 • 1st - V65 & V70 Female: 1st, 2nd & 3rd - Sen & V35 • 1st & 2nd - V45 & V55 • 1st - V60 & V65 Team prizes: Male - first 4 to score & Female - first 3 to score Prizes will be awarded on the day at approximately 12:45 Results will be posted on the Farnham Runners website

An A5/A4 S.A.E & cheque for £..... is enclosed (cheques made payable to ALICE HOLT FOREST 10K)

Your name & address may be passed to Runners World & Athletics Weekly magazine. If you do not wish your details to be passed on please tick this box.

Declaration: I declare that I am 16 years old or over and I am medically fit to run this event, will abide by England Athletics rules and will in no way hold the organisers or sponsors responsible for injury, accident or loss resulting from my participation in this event.

SIGNATURE: .....

