



ILMINSTER LIONS CHARITY 10k ROAD RACE
10.30 am 7th NOVEMBER 2010
MARKET SQUARE ILMINSTER



UK Athletics Road Race licence 2010-0035
 Under UK Athletics Rules

COURSE ACCURACY South 08/014

PLEASE USE BLOCK CAPITALS

SURNAME.....FORENAME.....

ADDRESS.....

TOWN.....COUNTY.....

POSTCODE.....TEL.....

CLUB.....

10k Road Race Categories

Male Categories		Female Categories	
A: 16-20	D: 50-59	F: 16-20	I: 46-59
B: 21-39	E: 60 +	G: 21-35	J: 60 +
C: 40-49		H: 36-45	

AGE ON RACE DAY	
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PLEASE NOTE RACE NUMBERS WILL BE ISSUED ON THE DAY

FOR OFFICIAL USE ONLY	
Race number	

ENTRY FEES Affiliated Club Members £7. Unaffiliated £9. A £1.00 surcharge will apply to all entries on the day. All entry fees are non refundable

I enclose a cheque made payable to "The Lions Club of Ilminster" for £.....

Race results will be available on the day. For race results by post please enclose a stamped addressed envelope or if you want them by email please PRINT your email address below

e-mail@.....

I certify that I am medically fit to run and will not hold the organisers or sponsors responsible for any injuries to my person or loss or damage to property during or as a result of the event.

I accept the current laws and rules for competition of UK Athletics.

Signed.....Date.....

PLEASE SEND ENTRY FORMS TO

John Gidlow 1 Fortnum Place, Townsend, Ilminster TA19 OHT

e-mail:charity10k@ilminsterlionsclub.co.uk

www.ilminsterlionsclub.co.uk

Please note that on Race Day Registration is at the Greenfylde School. Please allow 40 min registration, changing, warm up and get to the start on time. 2010WS