



MANUDEN 10k AND FUN RUN, 5th OCTOBER 2008
APPLICATION TO ENTER 10k, AND 5K/1K FUN RUNS

10k run start 11.00am, 5k run start 11.10am, 1k run start 11.20am

A maximum of 450 runners will be permitted to enter the 10k and 5k runs.

Held under UK Athletics rules.

All runners are encouraged to carry personal sponsorship in aid of our charities – St Clare’s Hospice, Manuden Village Fund. Forms are distributed with run numbers or may be downloaded from <http://www.manuden.org.uk>.

Medals and T-shirts will be given to all runners finishing the 10k race and 5k course, and medals will be given to all those running the 1k.

Name:.....(Male/Female)

Address.....

.....

.....

Tel:.....

E-mail:.....

Age on 5th October 2008:.....

UKA Affiliated Club:.....

I wish to enter the 10k 5k 1k (circle as appropriate)

How did you hear about the Fun Run?.....

Copies of this form may be downloaded at www.manuden.org.uk where there is also a link to on-line registration (www.runnersworld.co.uk - handling fee of £1.50 applies) Photocopies accepted.

DECLARATION: I agree to abide by the rules of the event and that the officials’ decisions will be final. I confirm that I have no medical disabilities that would endanger myself or others taking part (and I will not run on the day if not fit). I understand that the organisers are not liable for any loss, damage or injury HOWSOEVER caused before, during, after or as a result of my entering the race. A signed Entry Form will be considered acceptance of UK Athletics Rules. 10k runners must be 15 on or before 5th October 2008. 5k runners must be 13 on or before this date. If the race shall be cancelled due to circumstances beyond the control of the organisers then entry fees will not be refunded but all profits will be donated to the Manuden Fun Run Association’s two chosen charities.

I enclose my cheque made payable to “Manuden Fun Run Association”, for:
 AFFILIATED* £8.00 NON AFFILIATED* £10.00 1K £2.00

NB: ALL 10K and 5K RUNNERS WHO REGISTER ON THE DAY WILL BE CHARGED £10

Signed:.....

* Affiliated runners must be members of a running club affiliated to the South East Athletics Association. The additional £2 surcharge payable by non-affiliated runners must be charged under the terms of the ARC permit (ARC 08/175) to ensure insurance cover.

PLEASE RETURN YOUR SIGNED FORM BY **SATURDAY 27th SEPTEMBER**
 WITH A 9” X 6” SAE TO: Manuden Fun Run, 18 Mailers Lane, Manuden, Bishops Stortford, Herts, CM23 1DP.(tel: 01279 814646)