



## MANUDEN 10k AND FUN RUN, 3<sup>rd</sup> OCTOBER 2010 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 the Association of Running Clubs (ARC) rules. Permit No ARC10/130

All runners are encouraged to carry personal sponsorship in aid of our 2010 charities  
Beating Bowel Cancer. <http://www.beatingbowelcancer.org>, and the St Clare Hospice.

Sponsorship 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 (Please Print) \_\_\_\_\_ (Male / Female)

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tel. \_\_\_\_\_

E-mail \_\_\_\_\_

Age on 3<sup>rd</sup> October 2010 \_\_\_\_\_

ARC or UK Athletics 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](http://www.manuden.org.uk) where there is also a link to  
on-line registration ([www.runnersworld.co.uk](http://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 ARC Rules.  
10k runners must be 15 on or before 3<sup>rd</sup> October 2010. 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 Running Club's chosen charities.

I enclose my cheque made payable to Manuden Running Club for:

AFFILIATED\* £8.00 NON AFFILIATED\* £10.00 1K £3.00

**NB: ALL RUNNERS WHO REGISTER ON THE DAY WILL BE CHARGED £10  
(NOT APPLICABLE TO 1K RUNNERS)**

Signed \_\_\_\_\_

\*Affiliated runners must be members of a running club affiliated to the ARC or UK Athletics. The additional £2 surcharge  
payable by non-affiliated runners must be charged under the terms of the ARC permit to ensure insurance cover.

PLEASE RETURN YOUR SIGNED FORM BY **SATURDAY 25th SEPTEMBER** WITH A 9" x 6" SAE TO  
Manuden Fun Run, Old Lime Kiln Cottage, The Downs, Manuden, Bishop's Stortford, Herts. CM23  
1EA : 01279 814428