MANUDEN 10K AND FUN RUN, 13th October 2024

APPLICATION TO ENTER 10K, AND 5K/1K FUN RUNS

1K run start 10.45am, 10K run start 11.15am, 5K run start 11.25am
A maximum of 300 runners will be permitted to enter the 10K and 5K runs.
Held under the Association of Running Clubs (ARC) rules. Permit No. TBC

Medals will be given to all runners finishing the course.

Name (Please Print)_____(Male / Female)

Address _____

_____

Tel. _____

E-mail _____

☐ **Please tick the box if you are happy for us to use your email address for future events. Please visit our website to see how we use your data.**

Age on 13th October 2024 _____

ARC or UK Athletics Affiliated Club _____

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

How did you hear about the race? _____

Copies of this form may be downloaded at www.manuden.org.uk where there is also a link to on-line registration (www.entrycentral.com/manudenrun- a small handling fee of approximately £0.60p 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 to the maximum extent allowed by law. A signed Entry Form will be considered acceptance of ARC Rules.
10K runners must be 15 on or before 13th October 2024. Unaccompanied 5K runners must be 13 and above on or before this date, accompanied must be 8 – 12, but **the accompanying adult goes free**. *NB. One adult can accompany no more than two children.*

☐ **Please tick the box if you are an accompanying adult *(see above)***

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

5K or 10K	ARC /UK Atheletics Affiliated	**£12.50**
5K or 10K	Non affiliated runners	**£14.50**
1K		**£4.00**

NB: Affiliated runners 10k and 5k runners who register on the day will be charged £15, Non Affiliated will be charged £17

Signed _____

PLEASE RETURN YOUR SIGNED FORM BY **SATURDAY 12th OCTOBER** TO
Manuden Fun Run, 23 Stewarts Way, Manuden, Bishop's Stortford, Herts. CM23 1DR
Run Numbers to be collected on the day.
email : funrun@manuden.org.uk
website: www.manuden.org.uk/funrun.asp