

SOUTHBOURNE FAST & FLAT 10K & 5K RUN

ENTRY FORM

SUNDAY 7 MARCH 2010

10k starting at 11am; 5k at 11.10am

BLOCK CAPITALS PLEASE

Surname:		First Name:	
Address:		Postcode:	
Gender:	Male _____ Female _____		
Date of Birth:		Age on 7 March 2010:	
Email address:		Contact Number:	
UK Athletics affiliated club name: <i>(if applicable)</i>			
UK Athletics registration number: <i>(if applicable)</i>			
Entry Selection: <i>(please tick one)</i>	10k _____ or 5k _____		
Wheelchair user?	Yes _____ No _____		
10k Entry fee: £9 unaffiliated; £7 affiliated. 5k Entry fee: £5 unaffiliated; £3 affiliated <i>Entries on the day plus £2.</i>			
<u>Declaration:</u> A signed entry form will be considered as an acceptance of governing body rules and a declaration that you compete entirely at your own risk. NOTE: No accompanying dogs, buggies or following cycles allowed. Signature:.....Date.....			

Send entry form, SAE (min A5) & cheque to: Race Secretary, St Katharine's CE Primary School
Rolls Drive Southbourne BH6 4NA. Cheques payable to FSK.

NOTE. The SAE is for your race number and details/map of the course. If you would prefer to pick these up from the school office in late February 2010, **TICK HERE**.....

ADDITIONAL ENTRY FORMS – see www.southbournefastandflat.info