www.stowmarketstriders.org.uk

STOWMARKET STRIDERS

FRIDAY 5

&

Junior Run (STARTS 7:15pm)

SEAA PERMIT APPLIED FOR UKA rules

FRIDAY 11th JUNE 2010 at 7:45pm | **HAUGHLEY PARK**

Others in the series: Jaffa (28th May) Kirton (4th June)
Bury (25th June) Gt Bentley (9th July)

To take part in the series, entry is automatic and competitors must complete four out of the five races to qualify.

5 mile off-road race through picturesque Haughley Park, Stowmarket

Individual (senior/veteran) and team prizes
Memento to all finishers

☼☼☼ REFRESHMENTS – BBQ ☼☼☼

Children's Junior Run (mum & dad can run as well)

Entry Fee: £7.00 Affiliated Club Members, £9.00 Unaffiliated, (+£1.00 on the night), £2.00 for the Fun Run

Closing Date for postal entries is Monday 7th June 2010
Entries on the day will qualify for a prize and the series.

Send entry form with SAE and cheque payable to the "STOWMARKET STRIDERS" to Chris Chaplin, Friday 5, 1 Lowry Way, Stowmarket, IP14 1UE. Telephone (01449) 675512
e-mail: friday5@stowmarketstriders.org.uk

Our next race is the 'Scenic 7' on the 7th November 2010

Rev:209JOS

OFFICIAL FRIDAY 5 ENTRY FORM

STOWMARKET STRIDERS

FRIDAY 5

SEAA PERMIT Applied for under UKA rules

FIVE MILE PARKLAND RACE **11th JUNE 2010**

Surname | Gender (M / F)

Forename

Address

Town

County | Post Code

Telephone

E-Mail Address

Date of Birth | Age on Race Day

Affiliated Club

Declaration. I am an amateur as defined by the B.A.F. and agree to abide by their rules. I understand that my details will be held on computer to assist in the administration of this event. I also agree not to run with any prior knowledge of injury or illness. I accept that neither the sponsors, the organisers or their servants will become liable for any injury, loss or action claim (howsoever occasioned) resulting from this event. A signed entry form is considered acceptance of these conditions.

Signature..... Date.....

Note: Parent / Guardian needs to sign for competitors aged between 15-18 years