***UK Athletics Licence Number:***
***2010-100860***

# Saxons Race, Approximately 5 miles
# Sunday 17th October 2010, 11am

### A Multi Terrain Run on Playing Field & Footpaths

### Venue - Carlton Park Recreational Club, Saxmundham IP17 1AT

Under UK:A Rules, the Saxmundham Running & Fitness Club (The Saxons) are pleased to be hosting a race of approximately 5 miles for adults aged 18 and over.

If you would like to enter please complete the details below and return with cheque made payable to "Saxmundham Sports Running & Fitness Club" to:

Race Entries, 6 Library Mews, Rendlesham, Suffolk IP12 2BF

Email acknowledgment will be sent that your entry has been received. Collect race numbers on day.

Entry Fee is £9 for Non-Affiliated Athletes, £7 Affiliated Athletes discount for advance entry. £3 extra on the day. Prize to 1st, 2nd & 3rd Male & Females overall. Prize to 1st M40 & F40, M50 & F50. Only one prize per person. Medal to all finishers.

Changing facilities and Refreshments will be available.

The closing date for postal entries is Monday 11th October 2010.

If you require further information please email: info@thesaxons.org.uk

A signed entry form will be considered acceptance that you are fit and healthy to complete the race and do so entirely at your own risk. The Saxons will in no way be liable for any injury, loss, illness, damage or accident howsoever occasioned resulting from the event.

Data Protection Act: Your information will be held by The Saxons on computer solely for the purposes of this race and will not be disclosed to any third parties.

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**First Name**:______________________ **Surname**:______________________

**Male / Female** (Please circle) **Age on race day**:__________ **Date of Birth**:______________

**Address**: ______________________________________________

______________________________________________

**Post Code**: ______________ **Email**: ______________________

**Daytime Tel** (inc. code)______________**Evening Tel**(inc. code)______________

**Club**: ______________________________________________

**Signed**: ______________________ **Date**: ______________