

**LONGWORTH 10K RUN AND 3K FUN RUN  
SUNDAY 20th SEPTEMBER 2009**

*( 3k starts at 10:15 am, 10k at 11:00 am )*

**ENTRY FORM: please complete in BLOCK CAPITALS.**  
*(Photocopies of this form are acceptable)*

I wish to enter    10K     (age 15 minimum)                      Fun Run   

**ENTRY FEES**            10K **£7** (affiliated)            10K **£9** (unaffiliated)            Fun Run **£2.50**

**£8 affiliated and £10 unaffiliated 10k entry fee on the day**

**UKA Affiliated Club of which I am a member:**

**I am not a member of running or athletics club (unaffiliated) :**

**Mr/Mrs/Miss**            **First Name**

**Surname**

**Address**

                     **Postcode**                     

**Email**

**Signed**

**Date**

**Age on day of race**

**EA Registration Pending**

***DECLARATION : I declare that on the race day I will be medically fit to run and will be participating entirely at my own risk. I agree that the organisers will not be held responsible for any injury, illness, accident to me or loss/damage to my property, as a result of my participation in this event. I agree to abide with the rules and advice governing this event which are available at the Race Registration Point in print and will be explained by the Race Director at the Race Start.***

***I agree to my personal details being held on a computer for all purposes relating to this event.***

To receive your race number, please send your completed entry form with:

- A large stamped addressed envelope
- Your cheque or postal order (made payable to **HALF**)

To: The Race Secretary, 1 Rectory Lane, Longworth, Abingdon, Oxon OX13 5DZ