

PEN SELWOOD

Tough 10k Challenge

Sunday 15th April 2012

Run Starts at 11.00

ENTRY FORM

The event is based at Pen Selwood Village Hall (BA9 8LR). The hall will be open from 9.30am with the start scheduled for 11am. There are toilets available which can be used for changing but space is limited. Refreshments will be available after the event.

The 10k route is a single loop on hilly scenic country roads, some of which are quite narrow and pot holed. The 5k route is the last half of the 10k loop. Whilst the route is on quiet country lanes it will not be closed to traffic and care must be taken at all times.

Trophy Categories

1st Open Male
1st Open Female
1st Male Veteran
1st Female Veteran
1st Under 15's
1st Under 11's

Competitors can win only one trophy and will be considered in the Open category first. Prizes up to 3rd place will be awarded in each of the above categories except, Vetrans 40+ and 50+ Male and Female who will be awarded prizes up to 2nd place. 10k is limited to 110 entries. Everybody will receive an Easter Egg!

Official Use Only:

Race Entered:

Tough 10K Challenge £8 Under 15's 5K £2 Under 11's 2K £1

Surname: _____

Address: _____

First Name: _____

Age on Race Day: _____

Gender: Male/Female _____

Date of Birth: _____

Club: _____

Postcode: _____

Team Name: _____

Contact Number: _____

Email: _____

I enclose a large SAE and a cheque made payable to **Selwood Sports & Social Club** for the sum of £

If you have a medical condition that you wish to advise the race organisers of, tick here and list overleaf or on a separate sheet.

Details supplied will be stored on a computer and will only be used in connection with the event. Results will be made available on the Pen Selwood Parish Council web site which can be found at <http://www.penselwood.parishcouncil.net>

I declare that I will compete on foot and at my own risk and in no way hold the organisers responsible for any injury, illness or accident (including death) to my person and property.

Signed: _____

Date: _____

Parent or guardian for under 18's

Please send your completed form to:
Colin Tanner Rest & Be Thankful, Underhill, Pen Selwood, Somerset BA9 8LL