

SOUTHEND 10K CLASSIC & CHILDRENS FUN RUN

Sponsored by Original Sports and Olympus KeyMed

Sunday 3rd October 2010

(Fun Run at 10.00 a.m. 10k at 10.30 a.m.)

Permit Applied for

ENTRY FORM

IMPORTANT – NO ENTRIES ON THE DAY

ONLINE AND POSTAL ENTRIES CLOSE FRIDAY 24th SEPTEMBER 2010

Enter online at:- www.sendentry.com

Please note there are no longer any additional charges for online entries

Postal Entries - cut off the entry form below and post it to:-

Race Secretary, 41 Carlton Avenue, Westcliff-on-Sea, Essex SS0 0QN.

CHEQUES PAYABLE TO SOUTHEND ATHLETIC CLUB

Any entries undelivered due to incorrect postage will NOT be collected from the Post Office.

Don't forget to include a stamped self addressed envelope at least 9" x 6" (C5 size) so that we can send your race number and details. (Larger envelopes require a more expensive stamp).

Race information can also be found on www.southendracess.co.uk

Please note that medals will only be awarded to the first 3 boys and first 3 girls in the fun run.

Please cut along this line

Please complete all parts of the Entry Form in BLOCK CAPITALS

First Name

Surname

Address

Post Code

UK Affiliated Club (If applicable)

UKA Registration No. (Affiliated Athletes)

Sex Age on Race Day

Daytime Phone No

Evening Phone No

T-Shirt Size

Small Med Large XLarge

EVENT ENTERED	
10K <input type="checkbox"/>	Fun Run <input type="checkbox"/>

FOR OFFICIAL USE ONLY

ENTRY FEE ENCLOSED <input type="checkbox"/>		
10k Entry Fee (UKA Affiliated Runners)	£12	£
10k Entry Fee (Non Affiliated Runners)	£14	£
Children's Fun Run	£5	£
DONATION to Havens Hospices		£
TOTAL AMOUNT ENCLOSED		£

Tick this box if you are a UK taxpayer and want this donation to be GIFT AID

GIFT AID – Donations to Havens Hospices, Stuart House, 47 Second Avenue, Westcliff-on-Sea, SSO 8HX. If you pay income tax at the standard rate or above, we can reclaim the tax paid on your donation provided you tick the box indicated confirming that you are a UK tax payer and it is a gift aid donation.

DECLARATION: Please enter me in the Southend 10k/Childrens Fun Run. I am medically fit to run and understand that the organisers, sponsors or any assisting person or persons will in no way be held responsible for any injury, illness, loss or damage to my person or property incurred during or as a result of the event, or for any damage caused by me to other persons' property. I understand that the organisers reserve the right to refuse entry for any reason. The lower age limit for the Fun Run is 11 years and for the 10k, 15 years (UKA rules). The upper age limit for the Fun Run is under 15 years. **PARENTS MUST COUNTERSIGN APPLICATIONS for all children UNDER 16 YEARS OF AGE.**

Signed Countersigned Date

Data Protection Act: the information on this form may be stored on computer by the race organisers. It may be made available to certain organisations and from time to time you may receive information about products, services and events relative to runners. If you prefer not to receive such information please tick this box.