

ENTRY FORM FOR THE COPPED HALL  
5 Mile (approx) MULTI-TERRAIN RACE.  
11.15am. Sunday 26<sup>th</sup>. Sept. 2010



Held under UK Athletics rules Licence No.2010-0421

Please return to Barry Newton Benvilles, Wrights Green, Little Hallingbury, Herts. CM22 7RH. by 22<sup>nd</sup>.Sept. with payment of £8 for affiliated and £10 all others. (entry on day £3 extra)  
Please include A5 addressed and stamped envelope for your running number and information sheet.

SURNAME.....FIRST NAME.....

ADDRESS.....

..... POST CODE.....

TEL.NO..... EMAIL.....

Date of Birth..... Age on Race Day.....

MALE/FEMALE Affiliated to UKA YES/NO.

Running Club or Team Name.....

If under 18 Parents /Guardians

Name.....Signature.....

Due to the varied and undulating nature of the course it is considered unsuitable for wheel chairs and runners who have a medical condition. Partially sighted must have running partner.  
DECLARATION. I abide by the rules of the event and that the officials decisions will be final. The Organisers are not liable for any loss damage or injury howsoever caused before, during or after the race. (entry fees are non refundable)

Entry Signature.....

If running as an Affiliated Club, Group, non-Affiliated Club or Business Team, please include team name. (Any number enter first three home count)

Enquiries: Peter Hellmers 07793 487746