



Plymouth Coasters 5 Km & FUN RUN

New Venue at Central Park

5th JUNE 2010

*Run Under UK: Athletics Rules
Licence Applied for*

Start Times 6.30 Fun Run 7.00 Main race

Fun Run

A 1.5km course running through
Central Park

5k Run (Limit 300 runners)

One-lap course using the traffic free
paths in and around Central Park.

Both races start and finish at Plymouth Argyle's Main entrance.

- Entries for the 5K close 6:30 PM. **Postal entries close 30th May 2010**
- Prizes for 1st 2nd & 3rd Male, 1st Vets, M O40, O45, O50, O55, O60
- Prizes for 1st 2nd & 3rd Female, 1st Vets, F O35, O40, O45, O50, O55
- 1st M/F Team (3 to count)
- Memento to all finishers

ONE PRIZE PER PERSON (excluding team prizes)

Entry Fee

5k Run - **£6.50 (£2 extra on the day)**

Discounted entry fee for England Athletic Competition Licence holders. £4.50

Fun Run -£2.00



Send Completed entry form, with entry fee and **S.A.E.** to Race Secretary
C/O "Mainstone", Honcray, Plymstock Plymouth PL9 7RP
Please ensure correct postage is applied.

All participants for the MAIN RACE MUST BE AGED 13 YEARS OLD and OVER

SURNAME		FIRST NAME			
ADDRESS					
POSTCODE		TEL No		SEX	
D.O.B		AGE ON DAY		FUN RUN	
AFFILIATED CLUB				5 KM RACE	
ENGLAND ATHLETICS COMPETITION LICENCE No (Number must be included if claiming £2 discount)					

I enclose a fee of £..... (Made payable to 'Plymouth Coasters') with a Stamped addressed envelope.

I declare that I will abide by the rules of UKA. I am over 13 years old and accept that the organisers will not be liable for any injury, loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event. I declare that I will not compete in this race unless I am in good health on the day of the race and that in any event I will only compete at my own risk. Medical support is provided by Pioneer Medical Services.

Signed

Parent/Guardian's signature if under 16

For office use only