



SALTRAM PARK 5 Km & FUN RUN

4th JUNE 2011

Run Under UK: Athletics Rules

Licence No 2011-102158

Start Times 6.30 Fun Run 7.00 Main race

Fun Run

5k Run

A 1.5km course running through Saltram Park

One-lap parkland course running through Saltram Park.

Both races start and finish at Saltram House.

- Entries for the 5K close 6:30 PM. **Postal entries close 27th May 2011**
- 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

<i>SURNAME</i>		<i>FIRST NAME</i>			
<i>ADDRESS</i>					
<i>POSTCODE</i>		<i>TEL No</i>		<i>SEX</i>	
<i>D.O.B</i>		<i>AGE ON DAY</i>		<i>FUN RUN</i>	
<i>AFFILIATED CLUB</i>				<i>5 KM RACE</i>	
<i>ENGLAND ATHLETICS COMPETITION LICENCE No</i> (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