

Plymouth Coasters
presents the



Santas Xmas Pud Run

5km over parkland paths & traffic free roads.

England Athletics Licence applied for.

Sunday 13th December 2009 1100 am

Start and finish in Saltram Park.

Entry fee £10

Santa Suit (one size fits) all included in entry fee

All runners must wear a Santa Suit.

**All monies raised this year will be donated to
The PL ease Charity.**



**Come and join in the fun!! There are no prizes but come and help make a difference
this Xmas!!!!**

CLOSING DATE FOR ENTRIES 1st DECEMBER 2009

NO ENTRIES ON THE DAY

All runners must be 13 years or older 300 Limit Apply Early!!!

Send Completed entry form, entry fee and SAE to Race Secretary, C/O 'Mainstone', Honcray, Plymstock, Plymouth. PL9 7RP
Cheques made payable to **Plymouth Coasters**

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

ADDRESS.....

.....

.....

.....POSTCODE.....

TEL NO.....SEX.....AGE ON DAY.....

DOB.....AFFILIATED CLUB.....

ENGLAND ATHLETICS LICENCE No

I declare that I will abide by the rules of UKA. I am over 13 years of age 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 provided.

I understand that no refunds will be given if the event is cancelled for reasons beyond the control of the organisers.

Signed

Parents/Guardians signature if under 16

For office use only