

# SWALLOWFIELD 10+3

10K ROAD RACE & 3K FUN RUN

Sunday  
5th  
September  
2010

This is a sensational measured 10k road race through rural Berkshire countryside. In addition, there is a 3k fun run on a completely off road course on grass through the grounds of Swallowfield Park. Every competitor completing the course will receive a finishers medal. There will be special awards for the fastest in class.

“ALL IT TAKES IS ALL YOU GOT”

Sponsored by



[www.swallowfield10plus3.com](http://www.swallowfield10plus3.com)



# SWALLOWFIELD 10+3

5<sup>TH</sup> SEPT 2010 MUSTER 9.45

RACES START: 10.00

## E N T R Y F O R M

First Name(s)		Date of Birth	
Surname		UKA Affiliation No / URN	
		UKA Club	
Address			
			Post code
Tel. No. Home		Tel. No. Daytime	
Email address			

10K men	15-39 <input type="checkbox"/>	40-49 <input type="checkbox"/>	50-59 <input type="checkbox"/>	60-69 <input type="checkbox"/>	70+ <input type="checkbox"/>
10K Women	15-34 <input type="checkbox"/>	35-44 <input type="checkbox"/>	45-54 <input type="checkbox"/>	55-59 <input type="checkbox"/>	60+ <input type="checkbox"/>

3K Grass Course	8 - 13	14 - 16	16+
Women	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Men	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Send postal entries to:  
 FAO 1st Swallowfield Scouts  
 The Parish Hall  
 Swallowfield Street  
 Swallowfield RG7 1QX

Cheques payable to "1<sup>st</sup> Swallowfield Scout Group"

<input type="checkbox"/> 3K £3.00	<input type="checkbox"/> 10K Affiliated £8.00	<input type="checkbox"/> 10K Unaffiliated £10.00
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ONLINE ENTRY AT  
[www.runnersworld.co.uk](http://www.runnersworld.co.uk)

**Book Early Entry Limit for 10K 400.** Entry Limit for 3K 100. No entries on the day.

Postal closing date: 24<sup>th</sup> Aug 2010

Please enter me in the "Swallowfield 10+3". I declare that I will abide by the UKA rules, and I am medically fit to run and understand that I enter at my own risk and that the organiser shall not be held responsible for any injury loss or damage as a consequence of my participation in this event. I agree to abide by and respect the event terms and conditions published at [www.swallowfield10plus3.com](http://www.swallowfield10plus3.com).

Signature

Date

Parent or Guardian should sign if runner is under 15 (3K only)

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RACE No:

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