



**SWALLOWFIELD 10+3
MUSTER 10:15
RACES START FROM 10:30**

SUNDAY 15TH SEPTEMBER 2019

This is a sensational measured 10K road race through rural Berkshire countryside. In addition, we have a 3K fun-run through the grassy grounds of Swallowfield Park.

First Name		Surname		Age	
Date of Birth		UKA Affiliation number/URN		Gender	
Address				Postcode	
Tel No. Home			Tel No. Daytime		
Email					
If you have a special reason for running the Swallowfield 10+3, or you're part of a team and are happy to share, please tell us:					
Please tick below:					
3K £10	<input type="checkbox"/>	10K UKA Affiliated £14	<input type="checkbox"/>	10K UKA Unaffiliated £16	<input type="checkbox"/>

Post entries to: Race Entry Swallowfield 10+3 Swallowfield Parish Hall Swallowfield Reading RG7 1QX Please make cheques Payable to: 1st Swallowfield Scout Group	Online entry at: http://www.runbritain.com/races?keyword=swallowfield
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Book Early Entry Limit 700. **No entries on the day.**

Postal closing date: 9th September 2019. Minimum age: 10K: 15 yrs/3K: 8yrs.

Please enter me into the 'Swallowfield 10+3'. I declare that I will abide by the UKA rules, and that I am medically fit to participate 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 the event terms and conditions published at www.swallowfield10plus3.com

Signed:	Date:
Parent/Guardian must sign if runner is under 15 yrs (3K only)	

Organiser: 1st Swallowfield Scout Group under UKA rules.