RunFrimley 10k & 2.5k

Sunday 5th May 2019 10.30 am

Fun run start – 9.30am

New for 2019 – Held Under UK Athletics rules with full course measurement

Join us for the return of the popular RunFrimley 10k which returns once again in 2019 with a full UK Athletics licence. The race is a fundraiser for the Frimley Park Hospital, part of Frimley Health Charity. The event is open to runners of all abilities, from novices to experienced athletes and there will be bespoke medals and refreshments on offer to all finishers.

**** Bespoke medal to all finishers ** Chip Timing ****

Prizes/trophies in both races for: 1st, 2nd, 3rd Male & Female plus Vet Categories
Prize giving and presentation approx 60 minutes after first runner home in each race

Race HQ: Frimley Park Hospital, Portsmouth Road, Frimley, GU16 7UJ

ENTRY FEE: 10k £16.00 affiliated £18.00 unaffiliated £20 on the day
2.5k Adult - £7.00 Child (Under 16) - £5.00
ENTRY LIMIT: 2000. Postal closing date is 1st May but entries on the day subject to availability
PLEASE ENCLOSE: SAE. CHEQUES: Payable to 'Frimley Health'
ENTRIES: RunFrimley, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA
Enquiries/more information: 01797 229955

ENTER ONLINE PLEASE VISIT www.nice-work.org.uk

Please enter me for the RunFrimley 10k [ ] 2.5k [ ]
Please complete the below form in BLOCK CAPITALS.

SURNAME_____ **FORENAME**_____ **DATE OF BIRTH**_____

AGE ON 05/05/2019_____ **Sex: Male/Female (delete as applicable)**

ADDRESS_____

_____

_____**Post Code**_____

TELEPHONE NO_____ **EMAIL ADDRESS**_____

RUNNING CLUB _____

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)
I declare I will be over 15 years of age for the 10k on 05/05/19 and I agree that the organizers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall's and organiser's instructions. If under 18 years of age, entry form should be signed by a parent/guardian.

SIGNATURE……**DATE**……

Occasionally, we'd like to tell you about some of our other races and events but if you'd prefer not to receive this information, please tick here [ ]