

LEGS pumping **heart** lifting arms reaching
breath taking ego boosting **mind** blowing.....



**OUR CHARITY FUNDRAISING RUNNING
EVENTS ARE ALL THIS AND MORE!**

**TAKE PART IN OUR FANTASTIC 10K ROAD RACE
AROUND PICTURESQUE CANNON HILL PARK ON
SUNDAY 2nd NOVEMBER 2014**

- ACCURATELY MEASURED COURSE
- FREE CARPARKING
- ALL RUNNERS RECEIVE A MEDAL AND GOODY BAG
- PRIZES AWARDED

**SUPPORTED BY
CASTLE BROMWICH LIONS**

ENTRY FEE : £12 unattached £10 attached.

CLOSING DATE FOR ENTRIES TO THIS EVENT IS 28TH OCTOBER 2014. NO ENTRIES ON THE DAY.

HOW TO ENTER :

- ONLINE at <http://www.ukresults.net/online/index.html>
- Request entry form by email from martin.foster2@virgin.net Tel 07885 807 317 or write to 15 Jervoise Drive, Northfield, Birmingham B31 2XL enclosing SAE



NATIONAL INSTITUTE
of CONDUCTIVE
EDUCATION

FOUNDATION FOR CONDUCTIVE EDUCATION
Cannon Hill House, Russell Road, Moseley, Birmingham B13 8RD
Registered Charity No. 295873
**WE HELP DISABLED PEOPLE LIVE
MORE INDEPENDENT AND FULFILLED LIVES!**



10K ROAD RACE- CANNON HILL PARK
MOSELEY, BIRMINGHAM
9.30 AM SUNDAY 2nd November 2014
Closing date for entries 28 October 2014
No entries accepted on the day



ENTRY FORM

ENTRY FEE & FUNDRAISING REQUEST
£10 attached (ie member of a running club) £12 unattached
(Cheques made payable to Foundation for Conductive Education).
Raising funds for Cannon Hill House, part of the Foundation for Conductive Education, which helps disabled people with Parkinson's, Stroke, MS, cerebral palsy or head injury, live more independent and fulfilled lives.
(Registered charity no. 295873 www.cannonhillhouse.org.uk)

Online entries <http://www.ukresults.net/online/index.html>

(tick appropriate box)

(Please print in capital letters)

FULL NAME MALE FEMALE
ADDRESS
.....
.....POSTCODE.....
CONTACT TEL
EMAIL
DATE OF BIRTH AGE AT 2nd NOVEMBER 2014.....
ATTACHED NAME OF CLUB.....
UNATTACHED

PRIZES

- 1st three men
- 1st three women
- Male veteran winners in each of five age categories (40-44, 45-49, 50-54,55-59, 60+)
- Female veteran winners in each of four age Categories (35-44, 45-49, 50-59, 60+)
- Spot prizes

Additional prizes may be on offer.

RETURN YOUR FORM & CHEQUE TO RACE ORGANISER :
DOMINGA DEVITT
CANNON HILL HOUSE, RUSSELL ROAD
MOSELEY, BIRMINGHAM B13 8RD
TEL : 0121 442 5554 (direct line)
EMAIL ddevitt@conductive-education.org.uk

DECLARATION:

Please enter me for the Foundation for Conductive Education (FCE) 10k Road Race on Sunday 2nd November 2014.. I declare that I am medically fit to run and I accept that I take part in this event at my own risk and that FCE is unable to accept liability for any loss, damage or injury, however arising, or for cancellation of the event for any reason outside its control. I declare that I am an amateur as defined by UK Athletics. I agree to abide by the current laws and rules of competition of UK Athletics. I will be 15 years or over on the day of the event. I consent to FCE holding personal data from this entry form on their computer for the purposes of race administration. I understand that this information will not be passed on to third parties other than the publication of my name and finishing time in the race results and that any information held by FCE will be made available to me on my request **I understand that this is a fundraising event on behalf of FCE and pledge to raise as much sponsorship as possible and that entry fees are non-refundable as they cover the costs of administering the event. Email confirmation of receipt of sponsorship monies is acceptable.** I understand that FCE may take photographs of me taking part in this event and I permit FCE to use these images for promotional purposes.

Please tick the box if you would not like to receive information about upcoming FCE events and challenges.

Signed Date

**RESULTS : To obtain race results please telephone or email Race Director, Martin Foster
Tel : 07885 807317 Email : martin.foster2@virgin.net**