

SPORT IN PARKS RACES 2010

All Events Multi Terrain Courses

ENTRY FORM

First Name Surname

Address Town

Post Code Tel No

D.O.B Age on day of Race Male Female

Name of Club..... UKA Reg No

HERRINGTON COUNTRY PARK RACES	WED 7 JULY 2010			√	Entry Fees	
Chester Road, Penshaw. DH4 7EL Course: 1 lap, Multi terrain Closing Date : 30 June 2010	7.15pm	OPEN RACE	5K		£6.00	£8.00 Unattached
HETTON LYONS COUNTRY PARK	WED 4 AUGUST 2010				Entry Fees	
Downs Pit Lane, Hetton Le Hole, DH5 0RH Course: 2 Lap, Multi terrain Closing Date: 28 July 2010	7.15pm	OPEN RACE	4860m		6.00	8.00 Unattached
	6.30pm	FUN RUN	2430m		2.00	

Declaration

1. I am an amateur as defined by UK Athletics
2. I will abide by the laws and rules of the competition of UK Athletics
3. I will be 16 years or over on the day of the race (Open Race Only)
4. I will be 8 years or over on the day of the race (Fun Run Only)
5. I enter and intend to compete at my own risk

I enclose £ _____ entry fee, payable to 'Sunderland City Council' **plus** a 9"x 6" SAE
 Name of runner(s) to be written on the back of cheque.
 An accepted entry means a non returnable fee.

Signed _____ Date _____

Completed entry forms to be posted with payment to: Michelle Whittle, Project Officer, Community & Cultural Services, City Library & Arts Centre, Fawcett Street, Sunderland, SR1 1RE. Tel: 0191 561 8433

Please tick this box if you do not want your details held on our mailing list