

Race Day	Jan 17 , 2010	Jan 31, 2010	Feb 14, 2010	Feb 28, 2010	All Races
Please tick boxes for individual race dates chosen or tick all races					

**FREE
ENTRY**

Facilities: Km Markers- Marshall's- Water Station- Toilets- First Aid

- **Start/Finish at West Ham Park, Upton Lane, London E7 9PU**
- **Start time: 12:00 noon Finish Time: 1:00pm**
- **Entries send to:**
 - Race Director, Flat 8, 21 Manbey Park Road, London E15 1EY
- **Race Distance:**
 - **3KM** : Boys under15 years , Girls under 15 years
 - **5KM** : Men, Men Veteran 40+, Women , Women Veteran 35+
- Race BIB number will be given 45min before each race.
- Same number can be used for entire series.
- Entry limit is 300
- Entries on the Day will be accepted provided you bring filled entry form.
- Awards for winners of each race and overall trophy for series winner in each group

Race Entered: Boys under 15 years | Girls under 15 years | Men | Women | Men 40+ | Women 35+

Surname: _____ First name: _____

Date of birth:---/---/--- (dd/mm/yyyy) Age on race day: _____ Gender: Male / Female

Address: _____

City/Town: _____ Postcode: _____

Contact number: _____ Mobile number: _____

E-mail: _____

Club/Team name: _____

Do you suffer from any medical condition? Yes / No

DECLARATION:

I fully understand that I have entered this race entirely at my own risk and that the organisers will not be liable for any injury before, during or after the event. I declare that I am physically fit and waive and renounce any rights and claims for damages that I may have against the organisers and sponsors for any loss or injury as a result of my participation in this event. I understand that for safety reasons my race number should NOT be given to runners who have not signed an entry declaration.

N.B. No accompanying dogs or following cycles allowed. Personal information provided will be dealt with in accordance with Data Protection Act.

Signature of runner/parents/ guardian:

Date:

Official Charity



Supported by



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