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& other charitable causes.

All surpluses go to charity.

Surpluses from this run are split between:



**Sunday 6th January 2019 – 10.15 am start**

By entering you not only help yourself but also our chosen charities who will receive all the profits from this run, along with any sponsorship raised. As with previous years the course is on undulating by-roads, kilometre marked, and marshalled. The SEAA Course Measurement team officially measures the course. There will be free hot drinks provided for all runners & there will be a water station on route and one at the finish. Limited changing, shower (male only) & toilet facilities will be available. Car parking is on a first come basis. Under UK athletic rules.

**UKA Athletics Licence:** 2019-36324 . **Course measurement certificate** 14/299

**In accordance with SEAA age restrictions the minimum age for entry is 15 years.**

All finishers will receive a medal. Trophies will be awarded to:

Cup for 1st over the line *(returnable)* 1st Senior Vet (50+) Male & Female

 1st - 2nd - 3rd Male & Female 1st Vintage Vet (60+) Male & Female

 1st Vet (40+) Male & Female 1st Junior Male & Female

The course record remains at 30:31

Please complete the form below and return it as soon as possible.

**NB: Race Numbers & *Disposable* Timing Chips will be distributed from the Village Hall on race morning.**

Late registration may be possible if space allow and (well) BEFORE 10:00am on the day – on the day entry for all runners is £18.

Please tick the box below if a Sponsorship Form is required. More information and race rules are available on our website.

*Return Entries to:* **10k Run Entry, 9 Hill Bottom Close, Whitchurch Hill, RG8 7PX**

Please include with your entry form the Entry Fee of **£16.00** (£14 for affiliated club runners)

All entries will be acknowledged by email upon receipt please make sure that your **email address is LEGIBLE**!

Cheques should made payable to:- **Rotary Club of Pangbourne Charitable Trust**

## Our 2019 Main

##  Sponsor is

**✁**

**Woodcote 10k entry form – 6th January 2019**

Forename

Surname

Post Code

Town

Address

County

Running Number

Classification

Log #

Official Use Only

Entry Fee Included >>

**£**

Running club - if applicable

e-mail contact

Contact Mobile Tel No:

Gender

Age on race day

Tick for a personal

Sponsorship Form >>

 I declare that to the best of my knowledge, I am fit to take part in this event. I agree that the organisers, their agents and sponsors are not responsible or liable for any injury (incl. fatality), loss, accident or damage to either my person or property as a result of my participation in this event.

I recognise that fitness, suitable attire and shoes are necessary for this run. Running with headphones is prohibited.

lf due to bad weather, Police advice or any other reason the event has to be cancelled, we regret that no refunds can be claimed. However the net receipts will still be paid to our charitable causes.

I recognise Pangbourne Rotary Club will keep my data for three years. They will not pass this to any third party. They may use it to update me on the current race and let you know of plans for next year’s race.

Signed date

(*Signature of Parent or Guardian, if under 18 years old* )

 *Tick this box if you do NOT wish your details to be*

 *stored on our computer, for information on future runs.*

Tick for a

sponsorship form >>