JANUARY JAUNT 10km RACE
Sunday 13th January 2013

www.plymouth.roundtable.co.uk

ROUNDTABLE
PLYMOUTH NO.246

WHERE AND WHEN: Start and Finish at Plymouth Speedway Track, Coypool Road, Plympton, Plymouth, PL7 4NW. Start Time 9.00am on Sunday 13th January 2013. Registration from 8am on the day. Held Under UKA Rules. UKA Licence Number: 2013-104576

ENTRY FEES: Advance Entry Fees: for UKA Running Club Affiliated £7.00, Non-UKA Running Club Affiliated £9.00 (entries on the day £1.00 additional fee).

PRIZES: 1st Lady/Man aged: Under 40, 41-45, 46-50, 51-55, 56-60 and Over 60. Only one prize will be awarded to any individual runner. Medals also awarded for everyone finishing.

GENERAL: Race numbers are issued on the day; please bring your own safety pins. Sorry, no changing facilities are available at the race. St John's Ambulance First Aid Cover. For safety reasons the use of MP3 players/wearing of headphones is not permitted during the race.

DONATIONS: All surplus funds raised are donated to local charities after the deduction of essential race running costs. Thank you for your continued support of our event.

ENTRY FORM - Please complete in BLOCK capitals

FORENAME																									
SURNAME																									
AGE ON RACE DAY				GENDER:				MALE*				OR		FEMALE*				*(*Delete as appropriate)*							
ADDRESS																									
House Name/Number																									
Street																									
District																									
Town/City														POSTCODE:											
CONTACT PHONE NO.																									
E-MAIL ADDRESS																									
UKA AFFILIATED CLUB																									
EA REGISTRATION NO.																									

RUNNER DECLARATION: Running a 10km race is a very rewarding experience, however, it is not to be undertaken lightly. You will need to be physically fit to complete the distance. If in doubt consult your Doctor. Do not run if you are feeling unwell. I agree to abide by the rules of UK Athletics and the event organiser(s). I understand that I enter the race at my own risk and no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during, or after the event. I understand the organiser(s) reserve the right to delay, postpone, cancel, or not officially time the race in the event of adverse weather conditions or other events outside the organiser's control. The determination of what constitutes this is reserved solely to Plymouth Round Table 246. Entry fees are non-refundable and non-transferrable, even in the case of cancellation. Photographs of the race may be taken for publicity purposes. I understand that my image may be used and give permission freely for it to be used. I understand that the information provided on this form will be stored on computer for entries and results processing purposes.

SIGNED (Compulsory) (Parent/Guardian if under 16 years)	……..	Date:……/……/…….
FEE ENCLOSED Advance	☐ £7.00 ***(UKA affiliated)***	☐ £9.00 ***(Non UKA affiliated)***
FEE On the day	☐ £8.00 ***(UKA affiliated)***	☐ £10.00 ***(Non UKA affiliated)***

Please make cheques payable to "Plymouth Round Table 246" and send along with the completed form to:

Plymouth Round Table 10k, 71 Thornyville Villas, Plymouth. PL9 7LD

E-MAIL: info@plymouthroundtable.co.uk

Supporting Local Charities

St John Ambulance · Guide Dogs · Mountain Rescue · action for children · Lifeboats · National Trust

REGISTERED CHARITY NUMBER 1049150