



Surname..... First Name.....

Address.....

Postcode..... D.O.B..... Age on race day.....

Male/Female..... Affiliated Club.....

UK Athletics Registration No..... Telephone.....

Email Address.....

Online entries and more information visit www.lichfield-running-club.co.uk

Event	Entry Fee	Tick box
10k Race - unaffiliated	£14.00	
10k Race - affiliated club member	£12.00	
Fun Run	£3.00	

T-Shirt Size (S - M - L)	
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I declare that I am an amateur as defined by the UKA/BARR and will abide by the race rules and that I will be 15 years of age or over on race day for the 10k race. I hereby agree that the organisers shall not be liable for any accidents, injury, loss or damage as a consequence of my participation or my child's participation in the events.

Signed: _____ Date: _____

(Parent or guardian to sign for child's entry)

Please send your cheque or postal order, payable to **Lichfield Running Club** to:
 Paul Faulkner, 3 Lightwood Close, Lichfield, Staffs. WS13 8FG
 Tel No. 01543 417733 Email: lichfield10k@btinternet.com

Pre race entries to be received by Friday 21st August 2012. Photocopies of this form will be accepted.
 If the race is cancelled due to circumstances beyond the control of the Lichfield Running Club applicants will not be eligible for a refund.

Run under UKA rules (Licence No 2012-103543) Accurately measured 10k course (Certificate 08/308)

Data Protection Act: The information that you have provided is protected under current Data Protection legislation 1998 Act. If you have any objection to us storing and using this information for reference purposes please tick the box.



Gold Grade
Reference No: 488



Lichfield 10k & Fun Run 2012

10:30am Sunday 9th September

King Edward VI Leisure Centre

Lichfield, WS14 9DE





Venue:

King Edward VI Leisure Centre, Lichfield, WS14 9DE

Directions:

King Edward VI Leisure Centre is situated 1 mile South of Lichfield just off the A51 towards Tamworth.

Facilities:

Toilets, changing facilities, showers and baggage storage facilities are available at King Edward VI Leisure Centre

Event Schedule:

2k Fun Run: 10:30am

10k: 10:30am

The Courses:

2k Fun Run - it is aimed at younger runners, fun runners and family participation. The run takes place on public pavements and crosses minor roads with assistance from marshals. All finishers will receive a commemorative medal. Children under 9 are welcome but must be accompanied by an adult.

10k Race - the course is gently undulating with some hills between 4 and 7 KM. It is run mainly on quiet scenic country lanes. Drink stations will be provided at 5k and at the finish. Timing chips are used to ensure accurate results.

The course is regrettably not suitable for wheelchairs, other disabilities will gladly be considered if the promoters are advised in good time particularly if additional facilities are required.

