



Sunday 9th March 2008
Rushcliffe Country Park, Mere Way, Ruddington, Nottingham, NG11 6JS

RUSHCLIFFE BOROUGH COUNCIL
13th Annual 10K Run
 Under UKA rules. Start 10.30am
 10K Participants should be 15 or over on the day of the event

Run over a traffic free course in Rushcliffe Country Park
(Grass / Hard Surface)

Entry Fees: £6 UKA Members £8 Unaffiliated (£2 Fun Run)
(Rushcliffe Borough Council will donate £1 of all entry fees to Cerebral Palsy (CP) Sport – Charity No. 1088600)

Closing date for entries 2nd March 2008

- ◆ Accurately measured course
- ◆ Full first aid facilities
- ◆ Full marshalling on course
- ◆ Km markers
- ◆ 10K and fun run entries on the day (at the organisers discretion subject to £2 surcharge)
- ◆ Late entries please contact 0115 9148553 for availability of spaces to avoid disappointment
- ◆ Drinks station
- ◆ Memento to all finishers
- ◆ Trophies/Prizes in various categories
- ◆ Ample car parking

Surname:				
Forename:				
Male / Female:				
Address:				
E – mail:				
Date of Birth:				
Age Group <small>(as of 09/03/08)</small>	10K Junior (U18)	10K Senior (18 – U35F /U40M)	10K Veteran (F35+ / M40+)	Fun Run
Club Name (if appropriate):			UKA Membership No.	
DECLARATION: I declare that I am medically fit and that I enter and intend running at my own risk. The organisers will in no way be held responsible for injury or illness incurred to my person during, or as a result of the event, or any loss of, or damage to property on the course or in the Rushcliffe Country Park.				
Signed: (Parent/Guardian if under 18yrs)				
Date:				
T-shirt: Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> Extra Large <input type="checkbox"/>				

Tick the Box if you would like to raise sponsorship for CP Sport.
 CP Sport is the official charity of the Rushcliffe 10k. The charity helps children and adults with physical disabilities improve their physical and mental well being through participation in sport. If you would like to help raise vital funds, please tick the box and we will send you sponsor forms with your registration pack.

Please return to: Sports Development, Rushcliffe Borough Council, Civic Centre,
 Pavilion Road, West Bridgford, Nottingham, NG2 5FE

**PLEASE ENCLOSE CHEQUE MADE PAYABLE TO RUSHCLIFFE BOROUGH COUNCIL,
 AND A LARGE SIZED STAMPED ADDRESSED ENVELOPE FOR RACE NUMBER AND DETAILS**