Saint Edmund Pacers

Present

Glasswells Bury Friday 5

Supported by

Friday 26th June 2009 7.30pm Nowton Park, Bury St Edmunds

Permit No. Pending	**A Friday Five Series Race** 5 Miles Mixed Terrain T-Shirt to all finishers Closing date for entries : Friday 19th June 2009	**Under UK:A Rules**

Entry Fees: Attached- £7.00 Unattached - £9.00 – On the night entry plus £1.00

Minimum Age 15 years. Note Race Maximum is 500 entries; if this number is reached prior to race night then a note will be published on our web site

Awards in all categories - Junior, Senior, Veteran & Teams

Junior Fun Run 7.00pm, Enter on the night, £3.00 – Note Race Maximum is 150 entries

Note : Your race entry includes a £1 charity donation to St Nicholas Hospice

No changing rooms	Beer Tent & Refreshments

Send Entries to : Race Secretary, 8 Woodland Close, Risby, BSE, IP28 6QN
For further info visit: http://www.pacers.org.uk or e-mail: bury5@pacers.org.uk

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Surname																						
Forename														Gender					M		F	
Address																						
Town																						
County												Postcode										
Telephone											T Shirt		S		M		L		X			
E Mail Address																						
Date of Birth			-			-					----------		Age on Race Day									
Affiliated club																						
Competition Licence No																						

I declare that I am medically fit to take part in this event and I understand that enter at my own risk and that the sponsors, organisers or their servants shall not be held responsible for any injury, loss damage or action claim (howsoever occasioned) as a consequence of my participation in the event. If I have a medical condition, which may be affected by my taking part in this event, I will record it on the reverse of my race number. Also marking the front of the number with a red cross in the top right hand corner. I understand that the information is confidential and will only be used to ensure I receive correct treatment from the medics should it be needed. A signed entry form is considered acceptance of these conditions.

Signature _____ Date _____ / _____ / _____

Cheques Payable to : Saint Edmund Pacers. Please enclose a Stamped Addressed Envelope (minimum 9 x 6in.)for Race number & information sheet.

NO ENVELOPE - NO ENTRY