

## Entry Form

First Name
Surname
Address
Town
County
Post Code
Telephone (                    ) (                    )
Email
Date of birth
Sex                    Male [ ]                    Female [ ]
Club Name

Amount Enclosed

- £6.00 Five-Mile Affiliated Clubs  
 £8.00 Five-Mile Unaffiliated  
 £2.00 Five-Mile Extra On The Day  
 £2.00 Fun Run All Runners

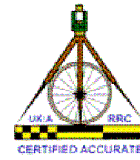
On-line entry available at  
[www.frr.org.uk](http://www.frr.org.uk)

(see UK:A Rules for Competition, Rule 10)

**Declaration.** I am an amateur as defined by UK Athletics and agree to abide by their rules. I understand that my details will be held on computer to assist in the administration of this event. I also agree not to run with prior knowledge of injury or illness. I accept that neither the sponsors, organisers or their servants will in any way be liable for any injury, loss or action claim (howsoever occasioned) resulting from this event. A signed entry form is considered acceptance of these conditions.

**Signed**..... **Date:**                    /                    / 2010

Please send entries to **Kirton 5 Mile, 2 Bawdsey Close, Felixstowe, Suffolk, IP11 9TT**, Cheques payable to **Felixstowe Road Runners** with a self addressed stamped envelope, Closing date Friday 28<sup>th</sup> May 2010



Accuracy No. SEAA 03/116



[www.frr.org.uk](http://www.frr.org.uk)



Permit No. 10061

*BBQ and Beer Tent by 1<sup>st</sup> Kirton Scouts*  
***Felixstowe Road Runners***

***Kirton 5 Mile***  
***Friday 4<sup>th</sup> June 2010***

*Fun Run Start 19:00*

*5 Mile Start 19:30*

Under UK Athletics rules

*Sponsored by*



***Race Director Richard Farnworth Tel: 01394 – 273340***

***Email: [farny@talk21.com](mailto:farny@talk21.com)***

