



Swanley Park 10k & Fun Run

In aid of the EllenorLions Hospices & other worthy causes

A 10km Cross Country Race and a 2 mile Fun Run in and around Swanley Park on 8th September 2013
Organised by Swanley & North Downs Lions Club and Swanley & District Athletic Club

2 Mile Fun Run – Starts at 10 am – A medal for every finisher.

Entry fees - £3.00 in advance or £4.00 on the day.

Juveniles must be accompanied by an adult.

10 km Race - Starts at 10.45am - Minimum age 14 on the day.

Entry fees - £10.00 Affiliated to UK Athletics - £12.00 Non-Affiliated when paid in advance.

£14.00 for all on the day entries.

There is a medal for every finisher and prizes for top ladies, men and vets.

Closing date for postal entries 4th September 2013

Send entry forms to Colin Dudley, 44 Oaklands Road, Northfleet, Kent DA11 8PA
01474 569735 or colindudley@blueyonder.co.uk - Website www.swanleyandnorthdownslions.org.uk

Please enclose a Stamped Addressed Envelope (size A5 or DL)

Make cheques payable to "Swanley & North Downs Lions Club".

Book on-line at www.runbritain.co.uk (Licence No. 2013-105009) or www.runnersworld.co.uk



Entry Form for Swanley Park 10k/2 Mile Fun Run

Please use a separate form for each competitor

Full Name:		
Address:		
		Post Code:
Phone:	Email:	
Date of Birth:	Gender: Male / Female	(Please circle)
UK Athletics Affiliated Club / Non-affiliated Club / Unattached		(Please circle)
UK Athletics National Registration Number		
Attached is a cheque for:	Entry Fee (as shown above)	£
	Voluntary Donation to the EllenorLions Hospices	£
	Total	£
Declaration		
I am medically fit to run, and understand that I enter at my own risk, and the organisers will in no way be held responsible for any injury incurred to my person during, or as a result of the event, nor for any property lost on or near the course or changing areas. I have no objection to my details being held on a computer by the Lions Club, and used solely for future communications. The Lions may take photographs of me during the activity, and they may use such photographs (including without limitation my likeness and image) for further future promotional, marketing and publicity purposes in any media world-wide without notice and free of charge.		
Signed:	(Parent/Guardian if under 16)	Date: