



# ENTRY FORM for the Darent Valley 10K



Organised by Swanley and District AC  
Held under UKA Licence BARR Reference: 974

**Sunday 12th May 2019 at 8.30am**  
**Anthony Roper School, Eynsford, Kent DA4 0AA**

**Please note that race numbers and shoe chips will be available for collection on the morning of the race from race HQ.**

The undulating course through the historic and picturesque Darent Valley is not suitable for wheelchair entrants. Extensive prize list. Full details of the race and parking can be found on our website

Please note that access through Castle Farm is permitted on race day only by kind permission – this is private land and we would ask this is respected during the rest of the year.

Please use one entry form per runner

FAMILY NAME: \_\_\_\_\_ FORENAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE ON DAY: \_\_\_\_\_ (Note: Min 15 On the day) SEX: M / F (please circle)

UK ATHLETICS AFFILIATED CLUB/NON-AFFILIATED CLUB OR UNATTACHED: \_\_\_\_\_

UK ATHLETICS NATIONAL REGISTRATION NUMBER: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

\_\_\_\_\_  
POSTCODE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ CONTACT NUMBER: \_\_\_\_\_

(a weekend email address or telephone number is essential in case we need to contact you at the last minute)

ENTRY FEES: AFFILIATED £14.00 NON-AFFILIATED £16.00

ENTRIES ON THE DAY: AFFILIATED: £16.00/UNAFFILIATED £18.00

Entries available online via [www.runbritain.com](http://www.runbritain.com)

Please note additional charges will apply when entering online

By Post - Cheques payable to: **SWANLEY & DISTRICT AC**

Please send your entry form to:

**The Darent Valley 10K Organiser, Swanley and District AC, New Barn Road, Swanley. Kent BR8 7PW**

Closing Date for Postal Entries Monday 6th May 2019, Online entries Friday 10th May 2019

**Declaration** I am medically fit to run and understand that I enter at my own risk, and that 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.



Signed: \_\_\_\_\_ (Parent/Guardian if U18) Date: \_\_\_\_\_