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STOPSLEY STRIDERS LADIES 5K

Under ARC / UKA Rules ARC Permit No: 11/106



IN SUPPORT OF HELP *for* HEROES

CHARITY NO
1120920

SUNDAY, 10th JULY, 2011

10:30am

- START/FINISH** Wardown Park, Luton, Bedfordshire
- COURSE** Two laps on paths in and around Wardown Park.
- FINISHERS** Receive Commemorative Medal and Goody Bag.
- PRIZES/AWARDS** First Three, First V35, V45, V55, V65
 Vets only eligible to win vets trophies, Should a vet win the race they will receive the overall winners prize. No one can win more than one prize.
- ENTRY FEE** £8.00 ARC & UKA Club Members, £10.00 Unattached.
 Race Limit 200. Entries on the day. **Postal Entries close 2nd July 2011**
 Cheques/PO payable to Stopsley Striders.
 Entrants must be 17 years or over to run.
- SEND ENTRY TO** Race Secretary, 89 Telscombe Way, Luton, Beds. LU2 8QP

The organisers wish to point out that the course is considered unsuitable for wheelchair athletes. This fund-raising event is organised by Stopsley Striders who will donate the proceeds of this event (less any costs) to the Help for Heroes charity who accept no responsibility for any liability, howsoever caused arising from this fund-raising event.

For more information and entry forms have a look at our web site - <http://www.stopsleystriders.org.uk>

ENTRY FORM

We require 1. Completed entry form 2. Relevant entry fee 3. Stamped addressed envelope 9" x 6"

Surname _____ **FOR OFFICE USE**

First Name _____

Address _____

Town _____

County _____

Post Code _____ **Telephone** _____

Club _____

Age on day _____ **Date of Birth (dd/mm/yy)** _____

I would be interested in more information about Stopsley Striders - Yes/No

Please accept my entry for the Stopsley Striders Ladies 5k. I am over 17 years and medically fit to compete. I accept that I enter at my own risk and that the organisers will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of my participation in this race. The information contained in this entry form will be stored on an electronic database for the purposes of this event under the terms of the Data Protection Act. I will abide by the UKA / ARC Rules of Competition.

Signature _____ Date _____ Fee Enclosed £ _____