



DISCOUNTED PRICE
IF YOU ENTER BEFORE:

**30th
JULY**

THE RUN 10 - NORTHAMPTONSHIRE: ENTRY FORM
START VENUE: NORTHAMPTON TOWN FOOTBALL CLUB, SIXFIELDS STADIUM, NORTHAMPTON, NN5 5QA
DATE: SUNDAY 3RD OCTOBER 2010
CLOSED ROAD EVENTS: 5K & 10K - TEAM & INDIVIDUAL / CHILDREN'S 1K & 2K
UK ATHLETICS LICENCE NUMBER: 11115

PLEASE COMPLETE THIS ENTRY FORM NEATLY IN BOLD CAPITALS

PERSONAL DETAILS

NAME _____ SURNAME _____
DATE OF BIRTH _____ GENDER _____ MALE _____ FEMALE _____
ADDRESS _____
POSTCODE _____
EMAIL _____ TELEPHONE _____

HOW MANY DAYS PER WEEK DO YOU UNDERTAKE A TOTAL OF AT LEAST 30 MINUTES OF MODERATE INTENSITY PHYSICAL ACTIVITY (an activity that leaves feeling warm and slightly out of breath)? 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ (Please tick)

EVENT DETAILS

ARE YOU A MEMBER OF THE UK ATHLETICS? YES / NO

ORGANISATION/CLUB:

DO YOU HAVE ANY MEDICAL CONDITIONS OR DISABILITIES?

EMERGENCY NAME & CONTACT NUMBER):

HOW DID YOU HEAR ABOUT THIS EVENT?

ENTRY FEES - PLEASE TICK

CORPORATE TEAM ENTRY	<input type="checkbox"/> 10K = £50.00 PER TEAM	<input type="checkbox"/> 5K = £50.00 PER TEAM
10K INDIVIDUAL ENTRY	<input type="checkbox"/> I not a member of UK Athletics = £12.00	<input type="checkbox"/> I am a member of UK Athletics = £10.00
5K INDIVIDUAL ENTRY	<input type="checkbox"/> I not a member of UK Athletics = £10.00	<input type="checkbox"/> I am a member of UK Athletics = £8.00
CHILDREN ENTRY	<input type="checkbox"/> 1K MINI (3 - 8 YRS) £5.00	<input type="checkbox"/> 2K JUNIOR (9 - 13 YRS) £5.00

TEAM ENTRIES ONLY (5 MEMBERS)

PLEASE ENTER TEAM:

TEAM MEMBERS NAMES AND MEDICAL CONDITIONS OR DISABILITIES

TEAM MEMBER 1	NAME:	MEDICAL INFO:
TEAM MEMBER 2	NAME:	MEDICAL INFO:
TEAM MEMBER 3	NAME:	MEDICAL INFO:
TEAM MEMBER 4	NAME:	MEDICAL INFO:
TEAM MEMBER 5	NAME:	MEDICAL INFO:





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☐ For monitoring and evaluation purposes only, we would like to track your levels of activity with a short follow-up electronic questionnaire. If you do not want to be contacted then please tick the box

☐ This information may be used by Northamptonshire Sport and partners. If you do not want to be contacted, receive information about future sport and leisure events or have your information shared, please tick the box

I (on behalf of the above team) declare that I/we will abide by the rules of UK Athletics and that I/we are in suitable health to participate in the event. I/we accept that One Step Beyond Promotions and their friends and associates are not liable for any loss, damage claim or expense which may arise in consequence of my participation in the event, no matter how caused. I have read & agree to abide to the **Terms & Conditions of Entry**.

Signed:

Date:

Please make cheques payable to: **One Step Beyond Promotions Ltd**

Send completed entry form & cheque to:
The Run 10, One Step Beyond Promotions Ltd,
White House Farm, Maltkiln Road, Fenton, Lincs. LN1 2EW
Tel: 01427 718 888 Email info@the-run.org

