**jsf 10k & 5k FUN RUN 28 AUGUST 2021**

**sponsored by the white lion – warmingham road**

ENTRY FORM

Race entered 10k / 5k (delete as appropriate)

Surname ­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D.O.B \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gender Male/Female/Other/Rather not say (delete as appropriate)

Contact number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ email address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Age restriction - Participants must be 15 years and over to take part unaccompanied in the 10k / 5k.*

DECLARATION – A signed entry form will be considered as a declaration that you agree to compete on foot, run entirely at our own risk and that you do not have any medical disabilities that would endanger yourself or any others taking part.

New UKA rules state that no headphones are to be used whilst running on live roads

Do you have any medical conditions? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Emergency contact: Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Covid Restrictions have now been lifted so there is no longer a need to stagger start times.

**10:30**

10K RUN START TIME

**11:15**

5 K RUN START TIME

Entry fee 10K incl. Medal and goodie bag £25 (+ T Shirt) £30 (size required )

Entry fee 5K incl. Medal and goodie bag £20 (+ T Shirt) £25 (size required )

We don’t expect you to gather sponsorship for your run, but if you would like to earn extra funds to donate to Jon Shaw Foundation a sponsor form is also attached.

Cheques made payable to The Jon Shaw Foundation

Or by bank transfer to

The Jon Shaw Foundation (Business Account)

Account number 48345899

Sort Code 09-01-29

Please note: Final date for entries 07 August 2021. We cannot issue refunds except in very exceptional circumstances, this will be a rain or shine event.

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please return the entry form via email jsf22300@gmail.com

or by post to Jon Shaw Foundation 301 Stoneley Road, Crewe, Cheshire, CW1 4NE