**jsf 10k & 5k FUN RUN 27 AUGUST 2022**

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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

10K RUN START TIME Entry fee £25 / £30 with T Shirt

**09:00**

**09:30**

5 K RUN START TIME Entry fee £20 / £25 with T Shirt

*First Aid and Water will be available with Marshalls around the course.*

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

DECLARATION – I agree to compete on foot, run entirely at my own risk, I do not have any medical disabilities that would endanger myself or any others taking part.

Printed Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_