

FRIETH HILLY 10K

Sunday 14th October 2012, 10a.m.

Frieth CEC School, Frieth, Henley-on-Thames, RG9 6PR

(UK Athletics Licence No: Applied for)

A mixed terrain 10k race taking place in the Chiltern Hills midway between Henley, Marlow and High Wycombe, through the villages of Frieth, Fingest and Skirmett. The course involves sections on road, trails and footpaths through woods and fields, including challenging off-road descents and ascents. More information, including the course map and online registration, is available at www.friethhilly10k.co.uk. Full results will be available on the website soon after the race.

Please note there is a limit of 400 runners, and that the course is not suitable for wheelchairs or pushchairs.

Aged 18 and over: £11 - *Affiliated £13- Non-Affiliated £15 - On the day

For Junior entrants: £6 - *Affiliated £8 - Non-Affiliated £8 - On the day

Minimum Age: 16 years** Closing Date for pre-entries: 5th October

* *Parent's / Guardian's signature required if under 18 on date of application, see below.

Cheques should be made payable to Frieth CEC School PTA and sent with your entry form and a **STAMPED SELF - ADDRESSED ENVELOPE** to: Frieth Hilly 10k, c/o Stag Cottage, Hambleden, Oxon, RG9 6SN.

Please complete in block capitals:

Surname _____

First Name _____

Address _____

Male/Female _____

Category: Male Junior (16-17yrs) / Male / Male Vet 40 / Male Vet 50 / Male Vet 60

Female Junior (16-17yrs) / Female / Female Vet 40 / Female Vet 50 / Female Vet 60

Post code _____

Entry Fee _____

Tel no. (inc. STD) _____

Email _____

* UK Athletics / ARC Affiliated Club Name _____

All profits to be donated to Frieth CEC School PTA. Should you wish to support Frieth CEC School PTA by making a donation please enter the amount here _____. If you are a UK tax payer, **Gift Aid** allows us to claim tax back from HMR&C on all your donations. It doesn't cost you a penny, just tick here _____. Alternatively, if you wish to generate sponsorship for your run, please download a sponsor form from our website: www.friethhilly10k.co.uk

DECLARATION

I hereby declare that on 16th October 2012 I will be 16 years or older and an amateur as defined by UK Athletics Rules. I certify that I will only participate in the race if medically fit to do so. I hereby accept that to the full extent permitted in law the race organisers and sponsors shall not be liable for any accidents, injury, loss or damage whatsoever and howsoever arising as a result of my participation in the race. I also accept that my entry is subject to the organisers' discretion and that no refund of the entry fee will be made as a result of cancellation of the event.

Signed Date

If entrant is under 18 years of age on the date of application:

Parent/Guardian's Signature Date

