

FRIETH HILLY 10K

Sunday 17th October 2010, 10a.m.

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

(UK Athletics Licence No: 100869)

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, 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 500 runners, and that the course is not suitable for wheelchairs or pushchairs.

Entry fees: £11 - *Affiliated £13- Non-Affiliated £15 - On the day

Minimum Age: 16 years** Closing Date for pre-entries: 8th 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 The Laurels, Frieth, Henley-on-Thames, RG9 6PJ.

Please complete in block capitals:

Surname _____ First Name _____
Address _____ Male/Female _____
_____ Category: Male Junior (16-17)/ Male/ Male Vet 40/Male Vet 50/Male Vet 60
_____ Female Junior (16-17)/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 17th October 2010 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



Frieth CEC School PTA Registered Charity number 1001049