



# The Doug Anderson Memorial 5k

Wednesday 28th July 2010 @ 7.30 pm  
at  
Bedford Park, Park Avenue, Bedford



Course Measurement Certificate SEAA 01/039r

Race Permit No: TBA

Flat, fast 2½-lap course in Bedford Park

Mementoes awarded to all finishers

Individual & Team Prizes

Chip Timing

Complimentary refreshments provided to all runners. Race Entry Limit 500: First Aid (Level 2)

Last posting date (1<sup>st</sup> class) for Information Packs & Race Numbers will be Friday 17th July



<b>Surname:</b>	<b>D.O.B:</b>	
<b>Forename:</b>	<b>UKA Club:</b>	
<b>House/Flat No:</b>	<b>E-mail address:</b>	
<b>Street/Road Name:</b>	<b>Age on 28/07/2010:</b>	
<b>Town:</b>	<b>Tel No:</b>	
<b>County:</b>	<b>Postcode:</b>	<b>Gender: M/F</b>

Please accept my entry for the Doug Anderson Memorial 5k. I am over 15 years and medically fit to compete. I accept that I enter at my own risk and that the organisers will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of my participation in this race. I consent that my details will be used for the purposes described in the Bedford Harriers entry on the Data Protection Register.

**Entry fees: Affiliated £6.00: Unaffiliated £8.00: (Entries on day: £7.50/£9.50)**

**Cheques payable to - Bedford Harriers A.C.**

(Closing date for postal entries Thursday 22nd July 2010)

**Signed: \_\_\_\_\_ Date: \_\_\_\_\_**

**To be signed by parent or guardian if under 16 years**

**Send entries to:**

**DA5K, 67 Pendennis Road, Bedford MK41 8NU. Tel (01234) 307013**

**www.bedfordharriers.co.uk : hello@bedfordharriers.co.uk**