Bedford Harriers'10K

Sunday 13th September 2009 @ 10.00am
Bedford International Athletic Stadium Barkers Lane
Bedford MK41 9SB

- **Course Measurement Cert. no. TBA**
- **ARC Race Permit No TBA**
- **ARC Rules will be applied**
- **Race Entry Limit 450**
- **Entries on the day (unless race limit reached)**
- **Individual and team prizes**
- **Runners entitled to ONE individual prize ONLY**
- **Fast flat cycle track, PB potential**
- **Parking, changing, showers, secure baggage, massage**
- **First aid provision by St John Ambulance**
- **Accurate, individual time recording**
- **Complimentary refreshments**
- **Memento to all finishers**

Check out our website for further information

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

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PLEASE COMPLETE IN BLOCK CAPITALS

Surname:	D.O.B:
Forename:	ARC/UKA Club:
House/Flat No:	E-mail address:
Street/Rd Name:	Age on 13/09/2009:
Town:	Tel No:
County: Postcode:	Gender: M/F

Please accept my entry for the Bedford Harriers' 10K. 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. I will abide by the ARC Rules of Competition. No refunds under any circumstances.

Entry fees:
ARC/UKA affiliated £8.00: Unaffiliated £10.00: Entries on the day: £10.00 / £12.00 respectively

Cheques payable to - Bedford Harriers A.C. (SAE is not required)

Signed: _____ Date: _____

Send entries to: Bedford Harriers' 10K, 67 Pendennis Road, Bedford MK41 8NU Tel (01234) 307013

(Postal closing date 5th September 2009 Last posting out date (1st class) for information Packs & Race Numbers Monday 7th September 2009)