



Bedford Harriers' 10K

Sunday 2nd September 2012 @ 10.00am
Bedford International Athletic Stadium Barkers Lane
Bedford MK41 9SB



- Course Measurement Cert. no. TBC
- ARC Race Permit Applied For
- ARC Rules will be applied
- Race Entry Limit 500
- 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, chip timing
- Refreshments
- Race Memento

Check out our website for further information

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

✂ ----- ✂ ----- ✂ ----- ✂ ----- ✂ -----

PLEASE COMPLETE IN BLOCK CAPITALS

Surname:	D.O.B:	
Forename:	ARC/UKA Club:	
House/Flat No:	E-mail address:	
Street/Rd Name:	Age on 02/09/2012	
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 £10.00: Unaffiliated £12.00: Entries on the day: £12.00 / £14.00 respectively

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

Signed: _____ Date: _____

Send entries to: Bedford Harriers 10k 21 Harvey Road Bedford Beds MK41 9LF (01234 271998)

(Postal closing date 25th August 2012 Last posting out date (1st class)
Information to be sent out with race numbers, Timing chips to be collected on the day.