



Town:

County:

\* Postcode:

Telephone (Day):

Telephone (Evening):

Mobile:

Company:

Job Title:

Work Telephone:

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UKA Affiliated Club Member? Yes  No

If yes, which club:

Expected Distance Time: hrs :  mins

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Your T-Shirt size: - Please Choose

Small  Medium  Large  XLarge

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- Individual Categories:**
- Male:
- Junior Male (15-17 yrs)
  - Senior Male (18-39 yrs)
  - Male V40
  - Male V50
  - Male V60
- Female:
- Junior Female (15-17 yrs)
  - Senior Female (18-34 yrs)
  - Female V35
  - Female V45
  - Female V55
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**Team Information:**

Are you running as part of a team? Yes  No

If yes, team name:

Company:

Company Address:

Town:

County:

Postcode:

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**Gift Aid:**

Please note: An element of the Race Entry Fee includes a donation to The Springboard Charity, a charity that helps young, unemployed and disadvantaged people improve their chances in life by providing information and advice, skills development opportunities and work experience throughout the hospitality industry and at the same time helping the industry address its severe skills shortage.

The Springboard Charity can claim at least 28% on every donation, without it costing you a penny extra. If you are a UK tax payer please tick the box on the left to indicate that you would like us to GiftAid your donation.

This supports our tax claim and will not be used to contact you if you would prefer us not to. Please be aware that you must have paid an amount of income and/or capital gains tax at least equal to the GiftAid we recover on your donation in the tax year you make the donation.

Please tick to indicate that you are happy for this element of the fee to be a gift aid donation

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**Declaration:**

By submitting this form I confirm that I am medically fit and understand that I enter at my own risk. The organisers will not be held responsible for any injury or illness caused to me during or as a result of the race, or for any property lost during the event. The organisers reserve the right to alter the date of the event or to change the published course as deemed necessary at any time. I declare I will abide by the rules of UK Athletics, I am an amateur as defined by the UK Athletics Rules and Regulations and I will be 15 years or over on the day of the event. You may use my name, voice or picture for PR or event promotion.