



LOUTH Athletic Club



The BELCHFORD THREE CHURCHES 10k

Sunday 18th March 2012 ~ 11.00am

UKA Rules Apply : Permit Applied For

An undulating course in beautiful Wolds scenery.

Toilet facilities, T-Shirt to all race finishers.

(Course not suitable for wheelchairs)

Race headquarters - Belchford Village Hall

Trophies & Prizes 1st Three Men and 1st Three Ladies. 1st Male Veteran - O/40, O/50, O/60. 1st Female Veteran - O/35, O/45, O/55. 1st Male Team, 1st Female Team		Cheques payable to Louth Athletic Club Postal entries to: Julie Wilkinson, Beckside, School Lane, Aby, Near Alford, Lincolnshire, LN13 0DL Please enclose a stamped, addressed 9" x 6" envelope Closing date for postal entries: 12th March 2012	
Entry Fee £8 UKA Members, £10 unattached. Entries on the day £2 extra.			
Entry Form	Please enter me for the 10k Race (min age 15)		
Surname		First Name	
Address			
Postcode		Male/Female	
Daytime Tel N°		Evening Tel N°	
Email			
Age on Race Day		Date of Birth	
Veteran Category			
UKA Affiliated Club		Affiliation N°	
Fee enclosed			

Declaration:- I declare that I am an amateur according to UKA rules and that I am medically fit to run. I accept that the Organisers shall not be liable for any injury, illness, damage or loss of property sustained as a result of my taking part in this event.

Signature		Date
Signature of parent/guardian if under 18		Date

Photocopies accepted. Forms downloadable at www.louth-ac.org.uk