

## Mel's Milers @ CH Eighth 10k



**Sunday 28<sup>th</sup> March 2010 @ 11:00 \***  
**Venue : Christ's Hospital School**

Under UK Athletics Rules. UKA licence applied for.

Race HQ: Bluecoat Sports Centre, Christ's Hospital, Nr. Horsham, West Sussex. RH13 0YB

Prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Men and Ladies  
Race Memento for all Finishers

Refreshments available in the Gallery Cafe @ Sports Centre

Multi-terrain 10k course on scenic route almost entirely off road.

Minimum age 16 years on race day.

Regret terrain not suitable for wheelchairs, prams or pushchairs.

Athletes with disabilities wishing to enter the event are advised to discuss their entry with Race Organiser :-  
Colin Shaw : 01403 267160

**Entry fees:** £8 England Athletics members, £10 non-members (£12 entries on the day, subject to race limit).

Fee includes a race memento and a free results service. Correct entry fee must be enclosed with the entry form.

**Cheques made payable to 'Mel's Milers'**. Self addressed stamped envelope at least 9" x 6" must be sent with entry.  
Postal Entries will close 23rd March 2010 or when a limit of 300 is reached, whichever is earlier.

**Send Entries to:** Race Secretary, 11 Bens Acre, Horsham, West Sussex. RH13 6LW.

**\* Clocks go forward one hour on the morning of 28th March, so make sure you do not arrive an hour late !**

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Entry Form 2010

Mr/Mrs/Miss/Ms/Dr      Forename: \_\_\_\_\_      Surname: \_\_\_\_\_

Male/Female: \_\_\_\_\_      Age on Race Day: \_\_\_\_\_      Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_      Post code : \_\_\_\_\_

Home Telephone No: \_\_\_\_\_      Mobile No: \_\_\_\_\_      Email : \_\_\_\_\_

Club Name: \_\_\_\_\_      EA Membership number : \_\_\_\_\_

Do you have any medical condition about which the organisers should be aware? \_\_\_\_\_

Data Protection: If you do NOT wish any details to be on Mel's Milers database for future races tick here .....

**Declaration** : I am medically fit to run and understand that I enter at my own risk. The race organisers and officials will not be held responsible for any accident, injury, loss or damage resulting from my participation in the Mel's Milers @ CH 10k. I declare that I am an amateur according to the rules of UK Athletics, and agree to abide by them.

Signature: \_\_\_\_\_      Date: \_\_\_\_\_

I enclose a large SAE and a cheque (payable to Mel's Milers) to the value of £ \_\_\_\_\_