

# MEL'S MILERS TENTH MULTI-TERRAIN 10k



**Sunday 1st April 2012, 11am,  
Christ's Hospital School,  
near Horsham. RH13 0YP.**

**Prizes for 1st, 2nd, 3rd men & women.  
Age category awards for over 40, 50,  
60 and under 17, 20 men & women.  
Race mementos for all finishers.**



***Proceeds from the race will go to Chestnut Tree House Children's Hospice Care.***

Scenic route, mostly off-road. Regret terrain not suitable for wheelchairs, prams etc.  
Athletes with disabilities - please contact race organiser, Colin Shaw, on 01403 267160.  
Minimum age 15 years on race day. Parental consent required for under 18s.  
Under UK Athletics rules. UKA licence number 2012 - 103545

Refreshments and changing facilities available in Bluecoat Sports Centre (Race HQ),  
Christ's Hospital, Nr. Horsham. West Sussex. RH13 0YB.

**Entry fees** : £8 for UKA registered / £10 for non-UKA / £12 entry on the day.  
Correct fee must be enclosed with entry form. Cheques made payable to 'Mel's Milers'.  
Please enclose a stamped, addressed envelope of at least 9" x 6" with entry.  
Closing date for postal entries 27th March, or when a limit of 300 is reached.  
**Send entries to** : Race Secretary, 11 Bens Acre, Horsham. West Sussex. RH13 6LW.

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### 2012 Mel's Milers 10k Entry Form

Forename..... Surname..... Male / Female  
Date of Birth..... Age on race day..... Parent's signature for under 18s  
Address.....  
.....  
..... Post code.....  
Email..... Phone.....  
Club name..... UKA registration number.....

**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 race. I declare that I am an amateur according to the rules of UK athletics, and agree to abide by them.

Signature..... Date.....