



No.

Summer Time Trial Series 2017 3.5 Mile Race Entry (Distance is unmeasured and approximate)

Start time: 7:15pm

Entry fee: (UKA Club Runners) £2 per race.

Entry fee: (Non UKA Club Runners) £4 First Race only; then £2 for all subsequent races.

Categories: Complete any four races to score for a category prize.

First Male and Female in each category	14-19, 20-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
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NOTE: A competitor's age at the date of the first race will apply to all the races in the series. Placings will be judged from positions within the runner's category only. Any ties will be decided on position in the last race of the series.

IMPORTANT: Please complete all information clearly

Surname: **First name:**

Gender: **Date of Birth (min age 14)** /...../.....

UKA Club: If not a Club member please give house number and postcode

E-mail address:

By supplying your e-mail address you agree to Poole Runners using this information to contact you with results and information about their races or events and those images can be used for event publicity.

Tel. No Incl Code (Required in case of an emergency)

DISCLAIMER: I declare that I am medically fit and of appropriate age for the event entered. I understand that I enter at my own risk and do not hold the organisers or race officials responsible for any injury, illness or damage incurred to my person or property during or as a result of the races in the series.

SIGNED: Parent or Guardian.....(For U18's)

Run under UKA rules:
Licence number 2017-28026



running free