

MK5k 2010

Sunday 7th March 2010

Start/Finish, The Xscape Centre, Milton Keynes

Race start time 10.10 am



Entry Fee **5k - 16 and over £8** **5k - under 16 £5**

Please make all cheques payable to 'MK Half' and remember to write your name, address and cheque guarantee card number on the back. Encashment of cheque confirms entry. **For more race information and to enter on-line logon to www.mkhalf.co.uk**

The race takes place on public highways and all runners must obey the Highway Code and take extreme care.

All entries must include an A4 stamped-addressed (large stamp) envelope and all entries must be received by Saturday 27th February 2010. There will be no entries on the day.

Please send to: MK Half c/o FR Systems, Unit 30, Blythe Park Business Base, Cresswell Lane, Blythe Bridge, Stoke on Trent, ST11 9RD

Do you wish to make a donation to the official race charity – CLIC Sargent Yes No

Race Entry Fee £ _____ Charity Donation (£10 suggested minimum) £ _____ Total £ _____

If you are a UK tax payer Gift Aid allows CLIC Sargent to claim tax back from HMRC on all your donations. For every £1 you give, they'll add an extra 25p from your taxes. It doesn't cost you a penny, just simply tick the box.

PERSONAL DETAILS

Please use bold capitals and please make sure you sign the declaration at the bottom of the form.

First Name _____ Surname _____

Address _____

County _____ Post Code _____

E-mail Address _____

Daytime Telephone No. _____ Date of Birth _____

Age on day of race _____ Male Female

RACE DECLARATION

The organisers would like to remind you that you have entered this race at your own risk and that they will in no way be liable for any injury before, during or after the event. Under 14's must be accompanied by a parent or guardian. Parents and / or guardians must take full responsibility for their children. I understand and agree that I participate in the event entirely at my own risk and that no responsibility whatsoever shall attach to any event sponsors, race directors, or any persons involved in the organisation of the event for any injury, accidents, loss or damage suffered by me in, or by reason of the event, however such may be caused. The above details will be stored for future race mail outs. I am healthy and have no KNOWN medical condition. I am over 15 years of age on the day of the race. I have read and understood the above. **Tick Box There is no refund of entry fee unless the event is cancelled.**

Signature _____ Date _____

To be signed by parent or guardian if under 16 years of age.

In aid of

