



Ashbourne 5k Run in the Park

Sunday 7th July 2019 9:40 am

Race managed on behalf of Ashbourne Running Club by Nice Work
The 5k Run in the Park starts shortly after the half marathon, for runners of all ages so why not bring the family down!

**** Medal to all finishers ** Chip Timing ****

Race HQ Location: Ashbourne Recreation Ground, Cokayne Avenue, Ashbourne, DE6 1EJ

ENTRY: £5 Adults, £3 Children (under 18) ON THE DAY ONLY

FOR MORE DETAILS: www.ashbournehalfmarathon.co.uk

Please complete the form below in **BLOCK CAPITALS** and bring on the day.

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 07/07/2019 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

POST CODE _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I agree that the organizers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall's and organiser's instructions. If under 18 years of age, entry form should be signed by a parent/guardian.

SIGNATURE.....DATE.....



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