



Winter 3K entry Form - Start time 7pm

Name
Address

Tel No. e-mail

EA Affiliated Club Male/Female

I declare that I will abide by the rules of UKA. I am over 11 years of age and accept that the organisers will not be liable for any injury, loss, damage or expenses which may arise in consequence of my participation in this event. I declare that I will not compete in the run unless in good health and that in any event I compete at my own risk.

Signed

Race No

(By parent or guardian if under 16)



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