

Stowmarket Striders with Barnards Volkswagen, Stowmarket
PRESENT YOUR ONLY 7 MILE RACE IN SUFFOLK



**Stowmarket Striders
Scenic Seven**

Please visit the clubs website www.stowmarketstriders.org.uk for further details or for online entry.



SUNDAY 14 November 2010
Start time: Seven 11:02am
(Remembrance Sunday)



Start and Finish at Mid Suffolk Leisure Centre, Stowmarket.

PRIZES: 1st, 2nd, 3rd Male & Female, 1st in Age Categories,
Team Prizes, Memento to all finishers

ENTRY FEES: £10 (£12 on the day)
Members of UKA affiliated Athletics Clubs - £8 (£10 on the day)*
* Must include UKA Licence number below

Closing date for postal entries is Monday 8th November

Send completed entry form, S.A.E. and cheque made payable to Stowmarket Striders to

Chris Chaplin 1 Lowry Way Stowmarket Suffolk IP14 1UE

Need more info contact numbers are Heidi Bingham 01449 616300 and Chris 01449 675512

PLEASE NOTE: NO SELF ADDRESSED ENVELOPE THEN NO ENTRY

SEAA PERMIT
applied for
(UKA rules)

Stowmarket Striders Scenic Seven 2010

Please complete in capitals

Race No.

Surname		Gender: M / F
Forenames		
Address		
	Post Code	
Date of Birth	Age on race day	
Phone (Day)	Phone (Evening)	
E- Mail Address	* UK Athletics licence number	
UK Athletics affiliated Club		

Declaration I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand the organisers reserve the right to delay, postpone, cancel, or not officially time the race in the event of adverse weather conditions or other events outside the organiser's control. The determination of what constitutes this is reserved solely to Stowmarket Striders. Photographs of the race will be taken for publicity purposes. I understand that my image may be used and give permission freely for it to be used.

Signed _____ **Date** _____

Our next Race is the Joe Cox Half Marathon on 27 March 2011