

**THE WHITEMOOR 10K**  
**SUNDAY 4<sup>TH</sup> APRIL 2010**  
[www.whitemoor.com](http://www.whitemoor.com)

To be run under UK Athletics rules.  
**Permit number TBA**

Date: Sunday 4<sup>th</sup> April 2010  
Time: 10am  
Start: Whitemoor Recreation Ground, Park Road, Whitemoor, ( near St.Dennis,) St.Austell Cornwall.

The course: 10k, anti-clockwise course, undulating rural roads. Mile markers, one water station.

Entries: can be made in advance or on the day up to a maximum of 130.

Entry fee: £ 6.00 for UK:A affiliated club members

£ 8.00 for non-affiliated entrants

Minimum age: 15

Trophies: First Male, First Female, First Local Runner

Memento to all finishers.

***All proceeds from the Event are for the upkeep of the Recreation Ground.***

**Entries to: Angela White, Trevarth, Crown Road, Whitemoor, St.Austell, Cornwall, PL26 7XH. Tel: 01726 822367**

**Cheques payable to: Whitemoor Recreation Ground**

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**ENTRY FORM**

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TEL NO \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

CLUB \_\_\_\_\_ UK:A AFFILIATED YES/NO

I declare that I will abide by the laws and rules of UK Athletics. I will be over 15 years of age on race day and accept that the organizers will not be liable for any loss, damage or action claim, costs or expenses, which may arise in consequence of my participation in this event. I declare that I will not compete in the race unless I am in good health on the day and that in any event, I will compete at my own risk. I enclose a cheque / P.O. payable to Whitemoor Recreation Ground for £ \_\_\_\_\_

**SIGNED** \_\_\_\_\_ **DATE** \_\_\_\_\_

[www.realbuzzrunbritain.com](http://www.realbuzzrunbritain.com)