



## Country to Capital

16th January, 2010

SURNAME				CHRISTIAN NAME			
CLUB				MALE/FEMALE			
AGE ON RACE DAY				PHONE	HOME		
					MOBILE		
EMAIL ADDRESS							
POSTAL ADDRESS						POST CODE	
				ENTRY FEE £40			
<p>I hereby declare that I am an amateur according to UKA rules. I am medically fit to run and understand that I enter at my own risk and that the organisers will not in any way be held responsible for any injury incurred during or as a result of the event or for any property lost on the course.</p>							
SIGNED (BY GUARDIAN IF COMPETITOR UNDER 18)						DATE	
<p>Please return form with a SAE to:-</p> <p style="text-align: center;"><b>Steve Adams Go Beyond Alexandra House Harroden Road Wellingborough Northamptonshire NN8 5BD</b></p>							

