

Larwood Surgery Healthy Heart 10K



& Family Fun Run

(in association with the British Heart Foundation)



Sunday 10th of May 2009 @11.00am

Family fun run @10.30am

www.2pointb.co.uk

Start and Finish at the Hewett Arms Shireoaks Nr Worksop

Scenic rural route through small local villages, the old three counties boundary and the chesterfield canal. Beautiful countryside and interesting things to see

Held under UK Athletic Rules: Accurately and certified measured course. Race permit applied..

- First Three Males, and
- First Three Female Prizes
- Spot Prizes
- T Shirts for all finishers

Entry details: -Minimum age 15 year Closing Date for Postal Entries 5th May 2009

PLEASE COMPLETE CLEARLY USING BLOCK CAPITALS

| | | | |
|------------------------------|--|---------------------------------------|-----------|
| Surname | | Forename | |
| Age | | Sex | Telephone |
| Address | | Emergency Contact telephone Number | |
| E Mail Address | | | |
| Running Club (Affiliated) | | Membership No. | |
| Declaration: | I understand that Larwood and Village Surgeries, The British Heart Foundation and 2pointb cannot be held responsible in any way for loss or injury to myself, or any other party, however arising or for any property lost or damaged. I declare that I am medically fit, and understand I enter this event at my own risk. I will be over the age of 15 years old on race day. | | |
| Signed: | (Entrant)..... | | |

Entry Fee: Affiliated £7.00. Non-Affiliated £9.00 Entries on the day plus £2.00,

Make cheques payable to 2pointB

Return this completed form with payment and a sufficiently stamped envelope plus a SAE to:

12 Broomhill Avenue, Worksop, Notts, S81 7QP .Tel:07941686247 or 01909 500898



Enquiries to enquiries@2pointb.co.uk