



www.losstriders.co.uk

Leigh-on-Sea Striders



www.losstriders.co.uk

10 Km Road Race Entrance Form



www.essexairambulance.uk.com

Sunday 27th Sep 2009
9:30 am



www.originalsports.co.uk

Earls Colne Business Park
Colchester
CO0 2NS

In association with Original Sports
& in aid of Essex Air Ambulance

193-195 Leigh Road
Leigh-on-Sea
Essex

Please Print Clearly – Entry Strictly Limited To 350 Places – Under UKA Rules

Surname:	Forename:
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Postal Address:

Post Code:	Tel No:
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e-Mail Address: <i>(For confirmation of entry)</i>

Gender: (M/F)	Age on Day:	Minimum age for entry: 16
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Affiliated Club / Team Name:	Affiliation No:
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DECLARATION: Please enter me for the 2009 Leigh-on-Sea 10k road race. I declare that I am eligible to represent the club for which I am entering. I am an amateur as defined by the laws and rules of UKA. I agree to abide by the instructions of the police or race marshals and to take all possible care in crossing roads. I acknowledge that Leigh-on-Sea Striders have no legal responsibility for my safety or wellbeing and that I am competing entirely at my own risk. I will not compete unless medically fit to run on the day and understand that the organisers will in no way be held responsible for any injury incurred during or as a result of the event, or for any property lost on the course or in the Start/Finish area. I consent to photographers taking videos and photographs which may include me.

DATA PROTECTION: Runner information is not passed to third parties.

Signed:	Date: / /
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Advance Entry: Postal Entry closes 11 th Sep 09 Online Entry closes 21 st Sept 09 Online entry after 11 th Sep 09 to collect race pack on day. Race packs will be sent out at start of Aug & after postal entries close.	Affiliated: £8 Unaffiliated: £10	Entry on Day + £ 2 Only available if entry limit has not been met. Last entry 30 minutes before start.
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Cheques should be made payable to 'Leigh-On-Sea Striders' and sent with a completed entry form and a large S.A.E. using the correct postage to:
LOSS 10K Race Secretary, 24 Parkstone Drive, Southend-on-Sea, Essex, SS2 6NX

PRIZE CATEGORIES		
1 st Place Male	1 st Place Female	1st Place Male Leigh-on-Sea Resident
1st Male Age 40+	1st Female Age 35+	1st Place Female Leigh-on-Sea Resident
1st Male Age 50+	1st Female Age 45+	Commemorative prize to all finishers

Please Note that the course is not suitable for wheelchair entrants.

Course Accuracy Certificate No: 09/042
2009 Road Race Licence No: 20090836



Leigh-on-Sea Striders are affiliated to UK Athletics / England Athletics ref 2658208.