

# GOOD FRIDAY 18th April 2014 @11:00 am

Under UK Athletics Rules Licence Number: 2013-104657  
UKA certified course measurement: Certificate of course accuracy: 05/048

**ONLINE RACE ENTRY AVAILABLE ON OUR WEBSITE**  
**WWW.FOLKESTONE10.CO.UK**

## PRIZES

**1st Male & Female £100 - 2nd Male & Female £50 - 3rd Male and Female £25**

**DISTANCE** 10 miles      **AGE LIMITS** Must be 17 or over on the day  
**TIME LIMIT** Marshalls will not be present two hours after start time - runners still on course will be asked to move to pavement where applicable

**RACE HQ** - Hythe Community School, Cinque Ports Avenue, Hythe, CT21 6HS

**START AND FINISH** - Is situated on "The Green" adjacent to the school.  
The Green will be available for off road parking. Please **do not park** in Cinque Ports Avenue.  
We regret that this race is not suitable for wheel chair users because of the laps around the Green.



### ENTRY FEE (PRE REGISTRATION)

Affiliated runner      £16.00  
Unattached runner      £18.00

SURNAME

FIRST NAME

ADDRESS

POSTCODE

DATE OF BIRTH   /   /     AGE ON RACE DAY  (Must be 17 or over on the day - proof of age may be requested at the entry desk on race day)

AFFILIATED CLUB

UKA LICENSE NUMBER  (A affiliated runner must be a member of UK Athletics running club on race day. We reserve the right to validate entries with the stated UK Athletics running club - If a affiliation is found to be falsely stated we reserve the right to disqualify the runner - and no refund of entry fee will be provided)

GENDER Male  Female  (Please tick as appropriate) TELEPHONE NUMBER  (Emergency Contact on Race Day)

EMAIL ADDRESS

**PLEASE NOTE**  
**CONFIRMATION OF RACE ENTRY WILL NOT BE POSTED TO YOU**  
**IF AN EMAIL IS PROVIDED A CONFIRMATION EMAIL WILL BE SENT**  
**RACE NUMBERS & TIMING CHIPS ARE AVAILABLE FOR COLLECTION FROM**  
**RACE HQ ON THE DAY OF THE EVENT**

**Data Protection Act 1998** Personal data will not be passed onto third parties who are not associated to the Folkestone 10 or Folkestone Running Club and in accordance with legislation; information held about you will be available on request (e.g. Emergency services).

**Race Entry** I declare that I am fit to run and enter at my own risk. I fully understand that the organisers can in no way be held responsible for any injury, loss incurred to my person or belongings during or as a result of the event. I understand that no dogs, following cycles or headphones are allowed. I understand that the Race Directors decision in all matters is final. I consent to Folkestone Running Club holding personal data from this entry on computer only for the purposes of race administration and notifying me of further Folkestone Running Club events. Please tick this box only if you do not wish us to contact you about future events. I understand that the race entry fee is non-refundable and that race numbers are non-transferable. Race will take place subject to weather conditions. In the event of cancellation due to circumstances beyond our control, entry fees will not be refunded. I understand that the course is unsuitable for wheelchair and disabled athletes. I am aware that marshalls will not be present two hours after start time.

I confirm that I have read and accept the above and the full race conditions (available on [www.Folkestone10.co.uk](http://www.Folkestone10.co.uk)) and would like to enter for the '2013 Folkestone 10'

Signature  Date

**SEND ENTRY FORM AND CHEQUE PAYABLE TO "FOLKESTONE RUNNING CLUB" TO**  
**Folkestone 10 Entry, 30 Burrow Road, Folkestone, CT19 6DJ**



Please note that un-signed race entry forms will not be accepted and your application will be rejected. Please **DO NOT send cash**