



(www.realbuzzrunbritain.com)

Martlesham Heath 10km Road Race

UKA Rules (Minimum age 15) Permit ? 2011-102191

&

2.5 km Family Fun Run

Sunday 2nd October 2011

Martlesham Heath Village Green

Start 11.00am (**Registration closes at 10.30am**)

On line entry at www.runbritain.com/onlineentry/

or contact Robert Spillett

4 Bredfield Road, Woodbridge, Suffolk IP12 1JA

01394 385295 robert.e.spillett@btinternet.com

Fees: 10km Affiliated runners £9.00 (£11.00 on the day)

Non-affiliated runners £11.00 (£13.00 on the day)

Fun Run: Adults £5.00 Children (under 15 years) £2.00

Cheques made payable to: "**Woodbridge & District Lions Club**"

Individual and Team Prizes

Fun Run entrants **under 15** will receive a medal and Commemorative Certificate plus a Lion Bar

Where to find us

Leave the A12 at the Martlesham Tesco/BP Garage roundabout taking the Eagle Way exit. After 800 metres turn left into Valiant Road (IP5 3SP) and follow the signs for St Michael's Church and the Village Green.

Sponsored by:



Charity Fundraising Ltd.

Palmer Group

Incorporating Palmer (Fencing) Ltd
&
P.F. Traffic Management

Incorporating Woodbridge and District Lions Club Charitable Trust
Charity No 1058955



Closing date for postal entries is Mon 26th September 2011

Return this section to Robert Spillett
4 Bredfield Road, Woodbridge, Suffolk IP12 1JA

PLEASE PRINT CLEARLY

Name:		
Address:		
		Postcode:
Email: (please ensure legibility)		
Telephone Number Daytime:		Evening:
Age on 2nd October 2011:	Years:	Months:
Male:	Female:	
Which event do you wish to enter: 10km Race Fun Run (Please indicate by circling the event)		
UK A Registration	Club/Team Name	
Number:		
Results will be published on the raceres.org.uk and woodbridgelions.org.uk websites. If you would like a hard-copy of the results, then please enclose a self-addressed envelope with your entry form.		
Make the Cheques payable to: " Woodbridge and District Lions Club "		
Please Note:		
<ul style="list-style-type: none">• Your race number will be posted to you if you register by 26th September.• All runners registered prior to 26th September should report to the Pre-Registered Desk on arrival.• All other runners should collect their numbers from the Registration Desks on the day.		
CONDITIONS:		
I declare that I am an amateur as defined by the UKA Rules and will run at my own risk. I certify that I am medically fit to run and that I will not hold the sponsors, organisers or their helpers responsible for any injury, illness or loss to my person or property however caused. Competitors in the 10km event must be 15 years of age or older. I agree not to wear headphones at any time during the race.		
Signed:		Date: