



New Forest Ten 2017



And ½ mile, 1 mile and 3 mile Fun Runs

UNDER UK ATHLETICS RULES and with "Chip Timing"
(No chip, no time)

at New Park Farm, Brockenhurst, Hampshire, SO42 7QH
SUNDAY, 9th JULY 2017

Prizes in all categories – for full list, see web site (www.nf10.co.uk)

Commemorative horse brass for all 10 mile finishers. Medal for all fun run finishers

Children's Entertainment during 10 Mile Race
Refreshments, Side Shows & Stalls

Course is accurately measured and marshalled

Marshalls, enroute refreshment, medical support and traffic management will be withdrawn
2 hours 15 minutes after the start of the 10 mile race

Timetable of Events

10.00 am ½ Mile Fun Run on Grass, 10 years old & under (enter on day 50p)

10.30 am 1 Mile Fun Run on Grass, 14 years old & under (enter on day £1)

11.15 am 10 Mile Road & Track Race (ABSOLUTELY NO ENTRIES ON THE DAY)

11.25 am 3 Mile Fun Run, 14 years & older (enter on day £2.00)

1.15 pm (approx) Presentation of Trophies for the 10 Mile Race

e-mails to enquiries@nf10.co.uk

To check entries received and for results, visit www.frsystems.co.uk/Am-I-In

CLOSING DATE JUNE 30th 2017 OR AFTER THE FIRST 1000 RUNNERS

We would like to thank the following, without whose help we could not put on this event: Chrome Daisy Designs, Rhemo Removals, Steve Morton Felt Roofing, 20th Scouts, Jumpers Scouts, Lyminster Girl Guides, Community First, Vintage Brass & Ballard Lake.

ABSOLUTELY NO ENTRIES ON THE DAY



COMPLETE ONE FORM PER ENTRANT (BLOCK CAPITALS PLEASE)

SURNAME		FIRST NAME	
ADDRESS		POSTCODE	
CLUB		GENDER	Please indicate M/F
Telephone No:		Mobile No:	
DATE OF BIRTH	/ /	Age on race day:	EA Registration No.
EMAIL ADDRESS	I enclose a cheque for		£

ENTRY FEE: £15.00 with valid English Athletics Registration Number / £17.00 'UNATTACHED'

PLEASE ENCLOSE CHEQUE/PO MADE PAYABLE TO N.F.10 & SEND TO:

PO BOX 4085 NEW MILTON BH25 5YR

On-line entry available www.runnersworld.co.uk

I declare that I am an amateur as defined by UKA rules. I will abide by the rules for competition issued by UKA and the rules of the New Forest Ten.

I will be 16 years or older on the day of the event.

I declare I will not participate unless I am fit to run the event for which I have entered. I accept that I am primarily responsible for my own safety and I agree that the organisers will in no way be held responsible for any injury, loss or illness, as a consequence of my participation in these events, or any loss or damage to my belongings.

The use of personal headphones (e.g. MP3 players, Ipods etc) is prohibited and anyone using them may be disqualified

Data Protection Act: The organisers will use your personal data to process your entry to the New Forest 10 and for incidental purposes only.

No monies will be refunded under any circumstances.

Signed.....

Date.....