



THE NEW FOREST '10' 2010

VOTED INTO TOP 30 RACES IN RUNNERS WORLD, 2007 AND 2008
And ½ mile, 1 mile and 3 mile Fun Runs

UNDER UK ATHLETICS RULES (2009-100371) and with "Chip Timing"
(No chip, no time)

at New Park Farm, Brockenhurst, Hampshire, SO42 7QH
SUNDAY, 11th JULY 2010

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Marshalls will be withdrawn 2 hours after the start of the 10 Mile Race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 <http://www.jandresults.co.uk>

CLOSING DATE JUNE 27th 2010 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, D and R M Burgess, Rhemo Removals, Steve Morton Felt Roofing, Trailer Unit – Age Concern

ABSOLUTELY NO ENTRIES ON THE DAY



COMPLETE ONE FORM PER ENTRANT (BLOCK CAPITALS PLEASE)

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

ENTRY FEE: £10.00 with valid English Athletics Registration Number / £12.00 '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

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.

Signed.....

Date.....