




Grantham Running Club  
**The Summer Solstice 10k**  
Friday 20th<sup>t</sup> June 2014 – 7:15pm

UKA Licence 2014-TBA 

Sports Pavilion, Main St, Long Bennington, NG23 5HE  
The course is certified accurate and is permitted by UKA.

Entry Fees: £10 affiliated and £12 unaffiliated.

Prize structure: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall and 1<sup>st</sup> vet (m and f)

Entry limit 400

Entry on the Day Form

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PLEASE COMPLETE USING BLOCK CAPITALS

SURNAME.....

ADDRESS.....

FORENAME(s).....

.....

D.O.B..... SEX: M..... F.....

POSTCODE .....

UKA AFFILIATED Reg. No. ....

CLUB.....

Age on the day of race..... (min age 16)

TEL NO.....

Cheques payable to: Grantham Running Club

Email.....

Declaration: I declare that I am medically fit to run and understand that I do so at my own risk and that the organisers will not be liable for any loss, damage action, claim cost or expenses, which may arise as a result of my taking part in this event or from the postponement or cancellation of this event for any reason whatsoever. I agree to be bound by the laws and rules of UKA. The above details will be stored for future mailings.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Race Director, PO Box 6628, Grantham NG31 8TR. 0788 7796 991

Further Details: <http://granthamrunningclub.co.uk/sumsol/info.php>