

# 37<sup>th</sup> FRENCHAY 10K CHARITY RUN

([www.frenchay10k.co.uk](http://www.frenchay10k.co.uk))



Sunday 9<sup>th</sup> April 2017

11.00 am

UWE Glenside Campus, Blackberry Hill,  
Stapleton, Bristol, BS16 1DD

A 10K road race that starts & finishes in the UWE Glenside campus and runs through Oldbury Court and along local roads.

The course is scenic and undulating and will suit all standards. The course is unsuitable for wheelchairs.

The run will be raising funds for:

### Teenage Cancer Trust

Prizes: 1<sup>st</sup> Junior Male & Female, 1<sup>st</sup> 3 Senior Males & Females, 1<sup>st</sup> 3 Veteran Males & Females, 1<sup>st</sup> Super Veteran Male & Female.

COMMEMORATIVE MUGS FOR ALL FINISHERS

Advance Entry fees: £16.00 unaffiliated; £14.00 affiliated; Juniors (under 17) £5.00

Entries on the day £20.00

Entries either

- on line at [www.frenchay10k.co.uk](http://www.frenchay10k.co.uk) (preferred)
- by post with stamped addressed envelope to

**The Treasurer, Chris Green 77 Oakdale Road, Downend,  
Bristol, BS16 6EA.**

Cheques payable to: **Frenchay 10k Charity Run.**

**On line and Postal Entries Close: 2<sup>nd</sup> April 2017**

Surname		Address 1	
Forenames		Address 2	
Date of Birth		Post Code	
Age on day of run		Email Address	
Sex (M/F)		Telephone no	
Affiliated Running Club		Mobile no	

*I declare that I will abide by the UK Athletics/ARC laws and rules. I understand that the organisers of the event will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event or for any property lost or damaged on the course or on the UWE campus.*

**Signed**

**Date**