

38th FRENCHAY 10K CHARITY RUN

(www.frenchay10k.co.uk)

Sponsored by:

Star  Legal

Incorporating Davis Wood Solicitors

Tel: 0117 965 304

Sunday 15th April 2018

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:

Freewheelers EVS (Emergency Voluntary Service)

“Delivering essential blood and medical supplies in your area”

Trophies: 1st Junior Male & Female (15-16), 1st 3 Senior Males & Females (17-39), 1st 3 Veteran Males & Females (40-49), 1st Super Veteran Male & Female (50+).

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 (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 entries close: 13th April 2018 and Postal Entries Close: 7th April 2018

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