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Baggeridge 5K



**5K Run in scenic
Baggeridge Country Park
Thursday June 17th 2010
Start 7pm**

Attractive Sponsorship Incentives

Prizes - Refreshments - Quality Memento

ENTRY FORM

HELP THE ORGANISER - Please note 'NO ENTRIES ON THE DAY' - Last date for receipt of entries -
Tuesday 15th June 2010 , 400 race limit

Please enclose your cheque made payable to ACTION HEART together with your entry form and an A5 (148mm x 210 mm)
Stamped Addressed Envelope for RACE NUMBER, etc. to:

**ACTION HEART, 5 Baird House, Dudley Innovation Centre, The Pensnett Estate,
Kingswinford, DY6 7YA Tel: 01384 292233 email: info@actionheart.com**

Website: www.actionheartrunning.com

NAME SEX: M/F DOB Entry Fee - **£7** UKA Club Members / **£9** Unattached

AGE ON DAY England Athletics Registration Number:

ADDRESS

CLUB (if attached to UKA)

TEL email.....

Please enter me for the **Baggeridge 5K**. I declare that I am medically fit to run and understand that I take part entirely at my own risk. I agree to abide by the current laws and rules of competition of UKA. I will be 12 years or over on the day of the event.
Please tick if you do not wish to receive information from any of our sponsors

Signed:..... Fee Paid: Date :