

# The **BINFIELD** **10K**

**Foxley Fields, Binfield, RG42 4EW**

**10am SUNDAY 19<sup>th</sup> MAY 2019**

Come and join us for this year's 10k run around the Berkshire village of Binfield: [binfield10k.co.uk](http://binfield10k.co.uk)

**Volunteers Needed...** would you like to be involved? Please volunteer yourself as a Marshal or ask about other roles. We need Marshals on every turning of the route, so we need lots of you! Please email [volunteer@binfield10k.co.uk](mailto:volunteer@binfield10k.co.uk) for further information.

COMPLETE ONE FORM PER ENTRANT (BLOCK CAPITALS PLEASE)

<b>Surname:</b>			<b>First name:</b>			
<b>Address:</b>					<b>Postcode:</b>	
			<b>Gender:</b>	M / F		
<b>Club:</b>			<b>Mobile:</b>	How did you hear about the race?		
<b>Emergency Contact Name:</b>			<b>Emergency Contact Mobile:</b>			
<b>D.o.B.</b>	/	/	<b>Age on race day:</b>			
<b>Email:</b>				I enclose a cheque for:	£	

**ENTRY FEE: £19.00 (Running club member £17.00)**

**PLEASE ENCLOSE CHEQUE MADE PAYABLE TO *Binfield 10k* & SEND TO:**

**Binfield 10k Race, Binfield parish Office, Benetfeld Road, Binfield, Berkshire RG42 4EW**

*I declare that I am an amateur as defined by ARC ([runningclubs.org.uk](http://runningclubs.org.uk)) rules. I will abide by the rules for competition issued by ARC and the rules of the Binfield 10k. I will be 18 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 headphones is prohibited and anyone using them may be disqualified**

**Data Protection:** The organisers will only use your personal data to process your entry to the Binfield 10k and to keep you updated.

*No monies will be refunded under any circumstances*

Signed.....

Date.....