



ST MICHAEL'S MOUNT REMEMBRANCE RUN

SUNDAY, 14 NOVEMBER 2010

START 11.02am (2 minutes silence beforehand)

A 4.2 mile or so (depending on the tide) beach run on sand, shingle, pebbles, seaweed, etc. including a river crossing (footbridge optional) - finishing in front of St Michael's Mount.

Registration from 9.30am in Mounts Bay Sailing Club, Godolphin Steps, West End, Marazion (behind The Godolphin Arms). Parking in Folly Field (the car park on your right-hand side as you come into Marazion from Penzance)

Memento to all pre-entered competitors - Closing date for postal entries 7 November 2010

SOMETHING RED MUST BE WORN!!!!

(UK Athletics Permit No. 2010-101137) – open to 15-year-olds and above



.....
First Name.....Surname.....

Address.....

.....Post Code.....

Telephone Number.....Male / Female

Email address.....

Age on race day Date of Birth...../...../.....

Name of affiliated Club.....Affiliation No.....

Affiliated £8.00/ Non-affiliated £10.00 (£2 extra for entries on the day)
Cheques made payable to "Mounts Bay Harriers" - £1 of entry fee goes towards the Poppy Appeal

Race numbers and poppies to be collected on race day from Mounts Bay Sailing Club.

I declare that I am fit to run and will compete under UKA rules. I will not hold the organisers in any way responsible for any injury, illness or accident to my person or property arising from taking part in this event.

Signature Date.....
(Parent or guardian if under 18 years of age)

Please return completed form to:
Mounts Bay Harriers, 7 Atlantic Crescent, Sennen, Penzance, Cornwall, TR19 7AS
Info@mountsbayharriers.org.uk / www.mountsbayharriers.co.uk