The Sidcup10 Mile Road Race

Supported by *Back on Track* sports injuries clinic

8th February 2009 Start at 10.00 am

Chislehurst & Sidcup Grammar School, Hurst Road, Sidcup, Kent.

Individual, vets' and team prizes; medal to all finishers
Ideal pre-London Marathon race. Certified fast flat course.
Refreshments and changing facilities available.
Results on Kent AC website: www.kentac.org.uk.

Entry Fees: Member of affiliated club	£7
Non-affiliated	£9
Surcharge on day of race	£1

Cheques payable to: *Kent Athletic Club*

A large *correctly* stamped-addressed envelope (9 by 6 inches) for race number and details must be included.

To: The Race Organiser
50 Cliffview Road
London SE13 7DD Entry limit 400

Please complete clearly in BLOCK CAPITALS.

Surname…….Forename……
Address……
…..……
First Claim Athletic Club……..
Date of Birth…….Age on Day of Race……
Sex……Tel number or e-mail…….
Indicate if you are eligible and wish to enter the Kent County championship Y N
For eligibility see: www.kcaa.org.uk

I declare that I will be 17 or over on the 8 February 2009, am medically fit to run, will abide by A R C Athletics rules and will in no way hold the organisers responsible for any injury, accident or illness to my person, or loss of property, resulting from my participation in this event.

Signed……..Date……Fee enclosed…..