



Malvern Joggers present the 3rd running of the MJ 10 km.
(UKA Race Permit applied for.)

This is a multi-terrain race run over a scenic and hilly course. It is mostly off road, but it is not suitable for spikes. Full details of the course are available on the Malvern Joggers website (See URL below)

Date: Wednesday 15th June 2011 Race Start Time: 19:30

Venue: Welland Village Hall, Marlbank Road Welland Nr. Malvern WR13 6NE
(Please note it is @ 10mins walk from the venue to the race start)

Barbeque (free for runners) & bar for runners & supporters. T-Shirt for all finishers plus trophies (kindly supplied by MSJ sports & fitness) & prizes for Ladies & Men Race winners & age category winners - 40, 50, 60 (M) & 35, 45, 55 (F). Plus other age categories dependant on entry

Race water kindly supplied by Holywell Spring Water

Entry fee: £ 8:00 UK athletics affiliated £ 10.00 non-affiliated . Race Limit: 300
(Entry on the day + £2.00 . Note : EOD only if Race limit not reached)
Please make cheques payable to: Malvern Joggers

An SAE is not required. Race numbers will be allocated on the day and confirmation of entry will be posted on the Malvern Joggers website at: <http://www.malvernjoggers.co.uk/>

Entry form (Please complete in BLOCK CAPITALS and return with payment to the address below)

First name:..... Surname:..... Age on Race day:.....

Address:.....

..... Postcode:.....

Sex: Male/Female (delete as applicable)

Telephone:

Email address:

UKA Affiliated Club:



Declaration: I understand that the organisers will in no way be responsible for any injury, illness, accident or loss of property resulting from my participation in this event. I consider myself to be fit, healthy and able to participate in this event.

Signed.....

Date.....

(Entry transfers between runners are allowed, but please inform the race secretary - see website for details)

Entries to: The Race Secretary, Cromwell Cottage, 132 Lower Howsell Road, Malvern WR14 1DL