



**BAILEY'S NISSAN**  
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# THE MOUNT EPHRAIM CHALLENGE 10K ROAD RACE

## (with International Team Race)

**Sunday 8<sup>th</sup> July 2012, 11am start**

Entries limited to 450 – Closing date for postal entries: 26<sup>th</sup> June 2012

**Compete against Athletic Club teams from France, Holland, Scotland, Wales, Ireland, Belgium and Germany**

A truly international event! Are you or is your club the best in Europe? Prove it by beating the rest. The fastest four (male or female) in each club will count towards the team prize.

Not in a club? Unattached runners will be entered as members of Kent England unless you state a nationality. You may of course put country before club by stating your nationality on the entry form below. All English runners will be entered under their club or Kent England

**Individual Prizes in All Age Categories**

**Junior Fun Run for U16**

This is a challenging course on quiet Kentish roads, starting and finishing in the beautiful 10 acre Mount Ephraim Gardens, near Faversham. A great day out for all the family!

Free family entry to Mount Ephraim Gardens (entry before midday)

Refreshments & Local Produce available

£1 from each entry will be donated to Demelza House Children's Charity

Accurately measured course (permit applied for) · Tee Shirt for all competitors · Extensive prize list including spot prizes. · Results available online at [www.mountephrain10k.org](http://www.mountephrain10k.org)

Please complete the form below and return with fee (£12 attached; £14 unattached; £17 entries on the day). Cheques should be made payable to Canterbury Harriers. **Include large SAE (15cmx23cm) for race number and details. Please ensure you use the correct postage for your entry application, we are unable to collect underpaid postage entries from the sorting office. Proof of receipt and acceptance of your entry will be your cashed cheque.**

**Send to: Mount Ephraim 10K, 78 London Road, Canterbury, Kent CT2 8LS**

First name:.....Surname:.....

Address:.....

.....

Postcode:.....Email:.....

Tel No:.....Mobile:.....

Date of Birth:.....Male/Female:.....

Club/Unattached:.....Nationality:.....

UK Athletics Registration No:.....

I declare that I am 16 or over on race day, will abide by UK Athletics rules, and that I am medically fit to compete and enter at my own risk. The organisers will in no way be held responsible for any injury during or as a result of the event or for any property lost on the course or in the start/finish areas.

Signed:.....

Date:.....