



BAILEY'S NISSAN  
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Present

# THE MOUNT EPHRAIM SUMMER 10K ROAD RACE

**Sunday 5<sup>th</sup> July 2009, 11am start**

**Entries limited to 450 – Closing date for postal entries: 30<sup>th</sup> June 2009**

**This is a challenging course on Kentish roads (formerly the Red Lion 10K), starting and finishing in the beautiful 10 acre Mount Ephraim Gardens, near Faversham.  
A great day out for all the family!**

Post race enjoy the tranquillity of the Japanese gardens, take on the challenge of the grass maze or just relax on the Edwardian Tea Room terrace overlooking the topiary and herbaceous border, Mount Ephraim Gardens are a must for the whole family.

- Free family entry to Mount Ephraim Gardens (entry before midday)
- BBQ and cream teas available · Strawberries and cream stalls and Licensed Bar

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

- Accurately measured course (permit applied for)
- Race Memento 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 (£10 attached; £12 unattached; £15 entries on the day). Cheques should be made payable to Canterbury Harriers. **Include SAE (Beware new postal rates!) for race number and details.** Include an extra SAE if you require results.

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Send to: Mount Ephraim 10K, c/o 53, Island Wall, Whitstable, Kent, CT5 1EW.

Cheques (£10 attached; £12 unattached) made payable to **Canterbury Harriers**. Include large SAE (15cmx23cm with appropriate postage).

First Name:.....  
Surname:.....  
Address:.....  
.....  
Postcode:.....  
Tel No:..... Mobile:..... Email:.....  
Date of Birth:.....  
Male/Female:.....  
Club/Unattached:..... 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:.....