



BAILEY'S NISSAN
01227 766777



Present

THE MOUNT EPHRAIM SUMMER 10K

ROAD RACE

Sunday 11th July 2010, 11am start
Entries limited to 450 – Closing date for postal entries: 27th June 2010

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!

Chip Timing of Results

- 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

Please complete the form below and return with fee (£11 attached; £13 unattached; £15 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, c/o 53, Island Wall, Whitstable, Kent, CT5 1EW.
Cheques (£11 attached; £13 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:.....