

Permit Number: 20090666



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## CHAS RYMAN MEMORIAL TEN MILE ROAD RACE & 2K FUN RUN

### Sunday 4th October 2009 at 10.45 am

From: Highsted School, Highsted Road, Sittingbourne, Kent  
Fun Run Starts at 10am on the school field – separate entry on the day

Race prizes for all Categories  
Memento to all finishers

**POSTAL ENTRIES:** Closing date for entries is Friday 25th September 2009  
**ADVANCE ENTRY FEE:** £12.00 affiliated £14.00 unaffiliated  
Cheques made payable to Sittingbourne Striders

Entries are being taken on line at [www.sittingbournestriders.co.uk](http://www.sittingbournestriders.co.uk) these will be charged at £13.00 affiliated and £15.00 unaffiliated.

Please enclose an A5 9" by 6" stamped addressed envelope for return of race number and information sheet.

Please enclose a second 9" by 4" stamped addressed envelope if you would like a copy of the results.

Entry Fee on the day will be £16.00. Entrants on the day will not be eligible to any prizes.

Run under BAF rules. A signed entry form will be considered as acceptance of BAF rules and declaration that you will run entirely at your own risk.

Minimum age 17 on day of race. Maximum entry 400.

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Please enter me for the CHAS RYMAN MEMORIAL TEN MILE ROAD RACE  
I am medically fit and enter at my own risk, and understand the organisers can in no way be held responsible for any injury, illness or loss incurred to my person or belongings during or as a result of the event, including on the course or in the changing areas. St.John's Ambulance will be on site at the race.

### THIS RACE HAS BASIC LEVEL 1 MEDICAL COVER

Name.....Date of Birth .....Age .....Sex M / F

Address.....

.....Post Code.....Tel Number.....

First Claim Affiliated Club.....

EA Membership Number.....

Signature.....Date.....

Please send entries to: Dick Whittingham, Honeyball Walk, Teynham, Sittingbourne, Kent ME9 9TN  
Contact by phone: 01795 522798