

NEED ACCOMMODATION?

Ashford International Hotel are proud sponsors of the Quest 10K and are offering heavily discounted rates for all entrants for the race weekend (Saturday and Sunday)

B&B RATES:

£35 PPPN in twin/double
£30 PPPN in treble
£55 PPPN in single (inc VAT)

Just call 01233 219988 or visit www.ashfordinhotel.com

Quote the 10K when booking.

PLEASE NOTE:

Race numbers and instructions will be mailed to entrants before the race. Numbers for entries received after Saturday 30 September 2006 will need to be collected from the race headquarters on the day of the race.

PLEASE SEND COMPLETED FORM TO:

Quest 10K and Fun Run's,
c/o Sport Systems,
PO Box 307,
Reigate, Surrey,
RH2 7WF



in association with



10K ROAD RACE AND CHILDRENS FUN RUN

in association with



Ashford
International Hotel



Sunday 8 October 2006

Sponsored by Quest International,
Ashford International Hotel and County Square
(Held under U.K.A. Rules S.E.A.A. Permit applied for)
organised by ASHFORD ATHLETIC CLUB

*get fit -
get involved!*



Start and Finish:
The Julie Rose Stadium,
Willesborough Road,
Ashford, Kent

- The course is a fast undulating road route not suitable for wheelchairs
- Cafeteria on site
- Baggage storage available



Need accommodation?
See back for special discounted rates at



Ashford International Hotel

Ashford International Station

EVENTS

Quest 10k road race

Open to runners aged 15+ on 29th September 2006,

Start 10.00am

Childrens Fun Runs

under 10's

Start 11.15am

10 to under 15's

Start 11.15am

Medals for all finishers

TROPHIES/PRIZES

will be presented at 11.30. All finishers will receive a commemorative medal.

Awards and prizes to:

First three men & women

First Vet

(men 40+ women 35+)

First Vet

(men 50+ women 45+)

First Vet

(men 60+ women 55+)

Winning teams

(men & women) 3 to score, first claim only



OFFICIAL ENTRY FORM

Please enter me for (tick box applicable)

You can also apply online at www.ashford10k.co.uk

FOR OFFICIAL USE ONLY		
CHEQUE/PO	RACE NO.	TEAM NO.

Quest 10k

Entry Fee:

£12.00 Unaffiliated

£10.00 (Member of UKA Affiliated Athletics Club)

£17.00 Entry on the day

Childrens Fun Run

Entry Fee:

£3.00

All entrants will receive a medal



Childrens Fun Run is sponsored by County Square

Male Female

Date of Birth

(Complete all sections below in BLOCK CAPITALS)

Surname

Fornames

Address

Post Code

Home Telephone Work Telephone

Email

U.K.A. AFFILIATED CLUB Expected time for 10k

Are you running for charity? How much do you expect to raise?

I declare that I am an amateur as defined by U.K.A. Rules.

I confirm that at the date of this application I am medically fit and I undertake that I will not participate in the runs/rates unless medically fit to do so. I UNDERSTAND and ACCEPT that I enter the event entirely at my own risk and without any liability whatsoever attaching to the organisers, sponsors and any officials for any injury, illness, or damage whatsoever or howsoever sustained to my person during or as a result of the event or for any loss or damage to my property, either on the course or at the JULIE ROSE STADIUM or at any other place to which I might have access or might be taken on the day of, or following, the event.

I enclose £ as my entry fee payable to "ASHFORD ATHLETIC CLUB"

Signature Date

Signature of Parent/Guardian if under 16 Date

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Please send completed form to:
Quest 10K and Fun Run's, c/o Sport Systems,
PO Box 307, Reigate, Surrey RH2 7WF
(Crossed Cheques/Postal Orders Please)
Entry fee includes all return mailing.

Please enter me for the Kent Championships

Please note that to compete in the Kent Championships you must either have been born in Kent, or have lived continuously in Kent for the past 9 months and have not represented another English County in the last 12 months. NO CHAMPIONSHIP ENTRIES ON THE DAY !

DATA PROTECTION: (None of the above information will be divulged to any third party)