



DULWICH RUNNERS CHARITY 10K

Sunday 5th October 2008 10:00am

Organised by Dulwich Runners AC
in aid of local charities

UKA & SEAA measured fast, flat course - course records:
MEN 29.22 WOMEN 34.25

Mementoes to all finishers. Minimum age 15 yrs on day of race. Generous prizes for individuals (senior and vet categories). Men and women team prizes (4 to score). Course not suitable for wheelchairs.

U15's 2 Mile Race (11.20am) plus **Family Fun Run Mile** (11.40am) within the park - entries on the day only - £2

10K entry fee	£8	members of UKAF affiliated athletics club
	£10	non athletics club members
	£12	on day (if available)

Closing date for postal entries: TUESDAY SEPTEMBER 30th 2008

Send entries to: Dulwich Charity 10k, 28 Kerfield Crescent, London SE5 8SU

Queries: 020 7701 2546 Dulwich Runners website: www.dulwichrunners.org.uk

10K LIMIT = 600 PLEASE ENTER EARLY AS RACE LIMIT IS REACHED EVERY YEAR.
NO ENTRIES ON THE DAY IF POSTAL ENTRIES REACH LIMIT

You can also enter online at www.runnersworld.co.uk

Surname: Forename:

Sex: Address:

..... Post Code:

Date of birth: Contact tel no: Email:

Affiliated athletics club:

Fee enclosed: £ **Enclose SAE (A5 size)** Cheques payable to **Dulwich Charity 10K**

I declare that I am an Amateur as defined by the UKA and that I will abide by their rules. I declare that the organisers shall not be responsible for any injury, loss or damage I may incur as a result of taking part in the race. I will only run if fit to do so.

Signature: _____ Date: _____