

Organised by **CREWKERNE RUNNING CLUB**

Starting & Finishing at Crewkerne Town Hall. **No entries on the day for the 10K race.**

Ten Kilometre Race. Age 15 and over on race day. An 'out and back' course with a loop through Merriott and Hinton St George. Roads are not closed but are relatively traffic free country lanes through attractive villages and hamlets with a degree of undulation.

Junior 5 kilometre Fun Run. Age 9 to 14 on race day. Approx. 5 kilometres on the main route out to the first drink station and return. Prizes in the Junior Fun Run only.

Fun Run & walk, Age 15 and over on race day. Junior 5 kilometre route.

Business Challenge. Ages 15 and over on race day.

Junior 5 kilometre route. If you can submit your business challenge team entries together it will be appreciated.

Note: If you are not a member of an ARC or UKA affiliated club you must pay the £16:00 entry fee. The extra £2 goes to ARC

Supporting The Henhayes Centre & Crewkerne Voluntary Transport

The Business Challenge is for teams of three from local businesses to take part in the Fun Run for the Business Challenge Trophy donated by Everyys Solicitors.

Changing & Toilets. (No Showers) in the Town Hall

Drinks. Approx. every 3 to 4 kilometres.

Professional First Aid Cover.

The Route is well marked and marshalled.

Certified accurate. UKA certificate 12/021.

Souvenir Technical Tee Shirt for all 10K finishers.

Souvenir Snood for all 5K finishers.

Drinks and bananas at the finish line.

Send your completed entry form with the appropriate fee to:-

Crewkerne 10K
c/o Rockthorne, Puddletown,
Haselbury Plucknett,
Crewkerne, SOM. TA18 7NZ

Race permit ARC TBA
Issued by
The Association of Running Clubs.
Accurate chip timing.



8th race in the
Somerset Series. Next
race on July 2nd is the
QUANTOCK BEAST

Cheques payable to 'Crewkerne Running Club'.

ENTRY FORM - CREWKERNE 10 KILOMETRE RACE

Sunday June 4th 2023 Start Time 10:00 am

Chip timing, all numbers to be collected on race day.

Do not write in this box.

Surname

First Name.....

Address

.....

.....

.....

Phone.....Sex.. M ☐ or F ☐

Email

Date of birth.....Age on race day.....

UKA or ARC club

Business Challenge Team

Tee Shirt size. S ☐ M ☐ L ☐ XL ☐

Please enter me in the following category ticked below:-

10 Kilometre race for ages 15 years and over.

Affiliated £14.00 ☐

Unaffiliated including levy £16.00 ☐

Junior 5 Kilometre Fun Run.

Age 9 to 14 years £3.50 ☐

5 Kilometre Fun Run & Walk, age 15 and over ... £7.00 ☐

5 Kilometre Business Challenge, age 15 and over £7.00 ☐

I declare that I am an amateur and will abide by the rules as laid down by the organisers of this event.

I am medically fit and of appropriate age to take part in the event entered. I enter at my own risk and the organisers will not be responsible for any injury or loss which may arise in consequence of participation in this event.

Signed.....Date

(Parent for under 16 years)

Name (please print).....

10K entries close at 18:00 on Saturday May 27th.

No 10K entries on the day