

Erpingham 5k Rural Run

Start: 10.30am at Erpingham with Calthorpe Village Hall,
The Street, Erpingham, NR11 7QD

Medals for first 3 male / female finishers in each age category

Name	Age Category entered (<i>tick correct box</i>)		
	Under 12	Under 16 12-15	Adult 16+
Address			
Post Code			
Phone no.			
Email			
Family / Friend Emergency Contact			
Name			
Phone no. (<i>contactable on Race Day; NOT Runner's own number</i>)			

I declare that I am fit to participate in the event and agree that the organisers will not be responsible for any injury, illness, accident or loss of property resulting from my participation

Signature	Date
-----------	------

Runners aged Under 12 AND Under 16 years:
A parent or guardian must agree to the terms and sign below

Parent/Guardian Name (block letters please):	
Signature	Date

Raising funds for maintenance of the **Multi-Use Games Area**

This year, for the first time, we have regretfully raised our Adult entry fee to ensure that event expenses are adequately covered. We trust you will understand the necessity for this measure.

Entry fee: Adults £10 Under 12s / Under 16s £1
includes FREE post-race refreshments for all runners

Registration from 9.30am on the day [cheques payable to Erpingham & Calthorpe Youth]
OR send your entry form to: Rural Run c/o 19 The Street, CALTHORPE, Norfolk, NR11 7QR