

The Perivale 5

A 5 mile open road race



organised by **Ealing Southall & Middlesex AC**



Sunday 4th December 2011, start 10:00am

Perivale Park track, Stockdove Way, Greenford, Middlesex UB6 8TJ

A fast, flat & accurately-measured race over 5 miles, under UKA rules (licence applied for)

Goody bag for all completing the 5-mile race - Wide range of prizes, for seniors & veterans

Entry forms on www.esm.org.uk or enter online: www.runningdiary.co.uk or www.runnersworld.co.uk

Please use **BLOCK CAPITALS** & complete **ONE** form per entrant

Official use only

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SURNAME FIRST NAME

ADDRESS

TOWN COUNTY

TEL # POST CODE

E-MAIL

DATE OF BIRTH AGE ON RACE DAY (min 15 yrs)

MALE / FEMALE (please circle) BOROUGH OF EALING RESIDENT? YES / NO (please circle)

UKA AFFILIATED CLUB

UKA REG'N # ENTRY FEE (please circle)

	In advance	On the day
5-mile race - member of a UKA affiliated club	£8	£9
5-mile race - unaffiliated runner	£10	£11
U15 Fun Run (c.2km at 11:15am)	£1	£1

DECLARATION (parent/guardian to sign on behalf of under 15s): I declare that I am an amateur in accordance with UKA rules. I am medically fit to run & understand that I do so entirely at my own risk. The organisers shall not be held responsible for any injury, loss or damage as a consequence of my participation in this event. The course is unsuitable for wheelchairs, prams etc. Tick here if you do NOT wish to have your details kept on file to receive race details.

Signed Date

Cheques/postal orders payable to "Ealing Southall & Middlesex AC". Include a stamped self-addressed envelope.

Send to: Perivale 5, 46 Waldeck Road, Ealing, London W13 8LZ. Postal entries to arrive by **Sunday 27th November**.

Sponsored by

PRINCE EVANS SOLICITORS

www.prince-evans.co.uk