



CLAVERING FUN RUN 2010
21st March 11am
10k+ race, 5k and Children's 1k Fun Run
Minimum age limit: 5k (13 years), 10k+ (16 years)

Enjoyable but challenging multi-terrain course for all abilities, in and around the village of Clavering with beautiful views of the Herts/Essex countryside

T-shirts for 10k+ and 5k finishers, medals for all 1k runners

Registration, changing facilities, toilets and car parking at Clavering village hall

Entry £8 for members of ARC or UK Athletics affiliated running clubs,
£10 for non-affiliated runners (£2 for 1K entry)
Entries on the day £10

Enter on-line at www.runnersworld.co.uk (additional admin fee payable)
Entry forms available online at www.claveringonline.org
Or ring 01799 550944
Any other event enquiries: Race Director - 01799 550190

Clavering is a lovely rural village in Essex, between Bishop's Stortford and Saffron Walden near junction 8 of the M11

Our grateful thanks go to our sponsors:

Intercounty

PELLYS
SOLICITORS

FINE & COUNTRY
East Herts and West Essex



CLAVERING 10k+ AND FUN RUN, 21ST March 2010, 11am APPLICATION TO ENTER 10k+, AND 5K/1K FUN RUNS

5k/10k+ run start 11.00am, 1k run start 11.10am
5/10k+ race limit 150

Held under the Association of Running Clubs (ARC) rules. Permit no: ARC10/62

All runners are encouraged to carry personal sponsorship in aid of our charity, Clavering Church
Enter on line at www.runnersworld.co.uk (additional admin fee payable) or
Entry forms may be downloaded from www.claveringonline.org or ring 01799 550944
T-shirts will be given to all runners finishing the 10k+ race and 5k course, and medals will be given to all
those running the 1k.

Name (Please Print) _____ (Male / Female)

Address _____

Tel. _____

E-mail _____

Age on 21st March 2010 _____

ARC or UK Athletics Affiliated Club _____

I wish to enter the 10k+ 5k 1k (circle as appropriate)

How did you hear about the Fun Run?

DECLARATION: I agree to abide by the rules of the event and that the officials' decisions will be final. I confirm that I have no medical disabilities that would endanger myself or others taking part (and I will not run on the day if not fit). I understand that the organisers are not liable for any loss, damage or injury HOWSOEVER caused before, during, after or as a result of my entering the race. A signed Entry Form will be considered acceptance of ARC Rules. 10k+ runners must be 16 on or before 21st March 2010. 5k runners must be 13 on or before this date. If the race shall be cancelled due to circumstances beyond the control of the organisers then entry fees will not be refunded but all profits will be donated to the Clavering Fun Run's chosen charity.

I enclose my cheque made payable to CLAVERING RUNNING CLUB for:
AFFILIATED* £8.00 NON AFFILIATED* £10.00 1K £2.00
NB: ALL 5k AND 10k+ RUNNERS WHO REGISTER ON THE DAY WILL BE CHARGED £10

Signed _____ Parent/Guardian _____
(Parent/Guardian to sign as well if runner is under 18 years of age)

*Affiliated runners must be members of a running club affiliated to the ARC or UK Athletics. The additional £2 surcharge payable by non-affiliated runners must be charged under the terms of the ARC permit to ensure insurance cover.

PLEASE RETURN YOUR SIGNED FORM BY 13th MARCH WITH A 9" x 6" SAE TO: Clavering Fun Run, The Finches, 10 Pelham Road, Clavering, CB11 4PQ

