

**BOX END PARK 10K TRAIL RACE – 26<sup>th</sup> April 2017**  
**ENTRY FORM & Information Sheet**



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Postal entries should be sent to: Box End 10K race, Box End park, Kempston, Bedford, MK43 8RQ  
Entry form and monies can also be left at Box End Park reception desk. On the day entries  
accepted up to 18.30 on day of the race. **The Race cost is £7.50**, cheques should be made  
payable to “The Barbour Partnership”

Please complete in clear capitals.

**First name:** ..... **Surname:** .....

**D.O.B:** ..... **Sex**.....

**Address:** .....

..... **Post code**.....

**Mobile:** ..... **Home Tel:** .....

**Email:** .....

Your personal details will be kept on our data base and will be used to send out race information  
and results or info about future events. Please indicate **if you do not** want to receive any  
information by email: .....

**Disclaimer**

I am in good health and fit to compete in the above race.  
I will under take to read the race information and attend the race briefing and abide by any rules  
and regulations. I also agree to follow any instructions given by the organisers/ race marshals.  
I accept that the organisers and their friends and their associates are not liable for any loss,  
damage, claim, injury (including fatal) or expense that may arise in consequence of my  
participation in this event

**Signature**..... **Date**.....

(U18 signature of parent or guardian)

**Venue:** Box End Park, Box End, Kempston, Bedford, Beds, MK43 8RQ. For directions view: <http://www.boxendpark.com/directions.php>

**Cost:** The race cost is £7.50 per person. Prices include: parking, changing, toilets & shower facilities.

**Timings:** The race will start at 19.00 Registration will be open from 17.00 to 1830. The race brief will take place at the start at 18.45; all competitors must attend the race brief to receive any last minute safety instructions. Anyone who has pre-registered must still collect their numbers from registration

**Registration:** is at reception in the main club house building.

**First Aid:** will be provided by Box End staff

**Child entries:** The minimum age limit is 14 years of age. Under 18's must have parental consent and parents must be in attendance during the race

**The race details:**

- ◆ 10 k trail run: 2 laps of the permanent off road training course. Note this is a trail run with ruts, holes so care must be taken..

**Safety:** For your safety it is important that all instructions issued by the event organisers, marshals and Box End staff are followed at all times. Any infringements, unsafe acts or unsporting behaviour will lead to your immediate disqualification.

**Results:** A finish time will be given to all competitors, this will be Emailed out and posted on the Box End Park web site and Facebook site as soon as possible after the race.

If you require any further information then please contact: Russ at Box End Park; on 01234 846222 or [info@boxendpark.com](mailto:info@boxendpark.com)