

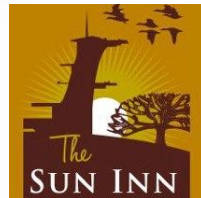
Track your progress through the summer

Back in a Flash

Under UK Athletic Rules



5K Summer Race Series 2013
All abilities very welcome



RUN SWINDON
01793 522100

All Races start 7.30 pm

Coate Water Country Park, Swindon SN3 6AA

Wednesday: 29th May, 26th June, 31st July 2013

Race HQ in the garden of The Sun Inn. What better place to unwind, refuel and re-hydrate - sorted

A Traffic free out and back course using hard track & tarmac cycle ways from Coate Water Country Park

Entries on the night until race limit of 250 has been reached. Phone or check website

WWW.GRASSROOTSEVENTS.CO.UK

Enter online on www.runnersworld.co.uk/entry

Send your entry form with **9X4** SAE to Race Organiser, 1 The Sands, Woodborough, Pewsey, Wiltshire SN9 5PR Tel 0753 4997795 Email gouldings@waitrose.com

✕

Entry Fee per Race £4 (£6 Unaffiliated) £1 extra on the day.

Tick boxes for races entered 29th May 26th June 31st July

Cheques payable to **Grass Roots**

(Block Capitals)

Surname _____

Forename _____

Address _____

_____ Post Code _____

Club Name _____ Date of Birth _____

EA Licence Number _____ Sex: M/F Age on race day _____

Telephone _____ Email _____

Declaration: I agree to abide by the UKA rules. I am medically fit to run and understand that I enter at my own risk and that the organisers will not be held responsible for any loss, damage, action, claim, injury or illness which may arise as a result of my participation. Minimum age: **13 years** on race day. The organisers reserve the right to cancel the event due to unforeseen circumstances and entry fees are non-refundable and non-transferable even in the event of cancellation.

Signature _____

Date _____