

# Machen Mountain Run 2010



**30<sup>th</sup> August 2010 - 3.00pm**

## Competitor Entry Form

Surname					
First name(s)		Entry Charge			
Age on race day (30/08)		Date of birth	£7.50 (includes T-Shirt if you enter in advance)		
Gender		Male <input type="checkbox"/>	Female <input type="checkbox"/>		
Affiliated Club					
Best time for distance (10K)		Where achieved			
T- Shirt Size (please circle)		small	medium	large	XL
House Number and Street <i>e.g. 4 Cwm Fedw</i>					
Town <i>e.g. Machen</i>					
County <i>e.g. Caerphilly</i>					
Postcode <i>e.g. CF83 8QD</i>					
Country <i>e.g. Wales</i>					
Contact Telephone Number					
Email (please write clearly)					
Preferred contact method		Phone <input type="checkbox"/>	Post <input type="checkbox"/>	Email <input type="checkbox"/>	
Team Name					
<p align="center"><b>AGE LIMITS</b></p> <p>Competitors in the Machen Mountain Race must be must be 18 or over.</p>		<p align="center"><b>DECLARATION</b></p> <p>A signed entry form will be considered as an acceptance of governing body rules and a declaration that you will compete on foot and run entirely at your own risk. No dogs, or following cycles</p>			
PLEASE SIGN HERE		.....			
OFFICIAL USE ONLY		RACE NUMBER.....			

Please make cheques payable to Machen Welfare Association. Please complete the form and post with payment before 26<sup>th</sup> Aug 2010 to:  
**Greg Dainty, 4 Cwm Fedw, Machen, Caerphilly, Wales, CF83 8QD**