

PUDDLETOWN PLOD

20 km

Minimum age limit 17 yrs.

Organised under UK Athletics Rules. UK Athletics Road Race Licence No. 20090544

SEA Certificate SEAA04/026

SUNDAY 14TH JUNE 2009

10.30am start at St Mary's Middle School, Puddletown

Registration opens in School Hall 8.30am – 10.15am

Undulating course through country roads [last 3Km up hill]. Car Park, Changing Facilities, Refreshments,
Memento to all finishers Basic level 1 medical cover provided

PRIZES: 1 st 2 nd 3 rd Man	1 st 2 nd 3 rd Lady
M17-39 MV40-49 MV50-59 MV60+	F17-34 FV35-44 FV45-54 FV55+
First Men's Team [4 to score]	First Ladies Team [3 to score]

Only one prize per winner [Team prizes exempt]

FEES:

AFFILIATED CLUB RUNNERS £6.00 [£7.00 on day]

NON-AFFILIATED RUNNERS £8.00 [£9.00 on day]

All pre booked entries must collect their number on the day

Numbers not transferable, no refunds given.

Course unsuitable for wheelchairs. Strictly no dogs, buggies or cyclists to accompany runners

Please complete the form and send with fee & SAE to Mr. J Mills, 4 Middleton Row, Catherines Well, Blandford Forum, Dorset DT11 0AT. Closing date for postal entries 06/06/09. I wish run in the Puddletown Plod on Sunday 14th June 2009. PLEASE PRINT

Forename.....Surname.....

Full Address.....

.....Postcode.....

Tel No.....E-Mail.....

Age on day of race..... D.O.B.....M / F.....

UKA Affiliated Club.....

I enclose cheque / Cash £.....payable to 'Milborne 10'

I agree that the organisers will in no way be held responsible for any injury [including fatal injury], illness, and accident to my person or loss of my property as a result of participation in this event. I will abide by the rules governing this event. I understand that the organiser's decision is final.

Signature.....Date.....

Parents / Guardian to sign if under 18 yrs.