

RUNNER NUMBER



ABP Humber Coastal 10K
Sunday 19th September 2021
Entry on the day
RNLI building
Cleethorpes Promenade
From 830am until 930 at latest
CASH ONLY...Bring exact money.

=====

ENTRY FORM (PLEASE COMPLETE IN BLOCK CAPITALS)

10k Affiliated £23; unaffiliated £25

Name.....

D.O.B.....**Age on race day**..... **Gender (Circle)** M /F.....

Tel Number:

E mail.....

Address.....
.....**Postcode**.....

Club.....

DECLARATION

I am medically and physically fit to run and understand I enter at my own risk. The organisers will not be held liable for any injury, loss or illness however occasioned from the event. I have read and agree to the terms and conditions on the race web site.

Signature/PARENT GUARDIAN.....

Date.....