



Malvern Joggers present the 2nd running of the MJ 10 km.
 (UKA Race Permit applied for.)

This is a multi-terrain race run over a scenic and hilly course. It is mostly off road, although there are sections of tarmac and hard track which mean it is not suitable for spikes. Further course details available on the Malvern Joggers website (URL below)

Date: Wednesday 16th June 2010 Race Start Time : 19:30

Venue: Welland Village Hall, Marlbank Road Welland Nr. Malvern WR13 6NE

**Free refreshments (Sponsored by the Pheasant Inn) and Race Memento for all runners.
 Trophies for Ladies & Men Race winners - kindly supplied by MSJ sports & fitness centre.
 Prizes for all age category winners - 40, 50, 60 (M) & 35, 45, 55 (F).**

Entry fee: £ 7:00 UK athletics affiliated £ 9.00 unaffiliated . Race Limit: 300

(Entry on the day + £2.00 . Note : EOD only if Race limit not reached-last years' entry 274)

Please make cheques payable to: Malvern Joggers

An SAE is not required. Race numbers will be allocated on the day and confirmation of entry will be posted on the Malvern Joggers website at: <http://www.malvernjoggers.co.uk/>

Entry form (Please complete in BLOCK CAPITALS and return with payment to address below)

First name:..... Surname:..... Age on Race day:.....

Address:.....

..... Postcode:.....

Sex: Male Female (delete as applicable)

Telephone:

Email address:

UKA Affiliated Club:

<p><u>For official use only</u></p> <p>Race number:</p>
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Declaration: I understand that the organisers will in no way be responsible for any injury, illness, accident or loss of property resulting from my participation in this event. I consider myself to be fit, healthy and able to participate in this event.

Signed.....

Date.....

Entries to: The Race Secretary, Cromwell Cottage, 132 Lower Howsell Road, Malvern WR14 1DL