



**Malvern Joggers MJ 10 km Multi Terrain race.**  
(UKA Race Licence No: 35949 )

Full details of the course are available on the Malvern Joggers website (See URL below)

**Date: Wednesday 12<sup>th</sup> June 2019 Race Start Time: 19:30**

**Venue: Mayalls Farm, Watery Lane, Malvern, Worcestershire, WR14 4JX**  
(Please note it is @ 5 mins walk from the venue to the race start)

**Free food for all runners plus licensed bar. Memento for all finishers plus trophies & prizes for Ladies & Men race winners & age category winners - 40, 50, 60 (M) & 35, 45, 55 (F).**

Race will be Chip timed

**A donation to Charity will be made from any race profit**

**Entry fee: £11:00 UK Athletics (UKA) affiliated, £13.00 non-affiliated. Race Limit: 350**  
**Please make cheques payable to: Malvern Joggers.**

**(Online Entry is also available through runbritain.com, check the MJ Website for details.)**

**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/>**



**MJ 10k Entry (Please complete in BLOCK CAPITALS and return with payment to the address below)**

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

Address:.....

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

Sex: Male/Female (delete as applicable)

Telephone: .....

Email address: .....

UKA Affiliated Club: .....



UKA Reg. No. .... (You must supply your registration number to claim the affiliated fee.)

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.....

**(Entry transfers between runners are allowed, but you must inform the race secretary - see website for details)**

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