

# TITSEY TRAIL 10K

## A SCENIC TRAIL RUN

THROUGH THE GLORIOUS WOODLANDS OF THE ANCIENT TITSEY ESTATE

### SUNDAY 3<sup>rd</sup> OCTOBER 2010

### ORGANISED BY OXTED RUNNERS

RUN IN AID OF THE EAST SURREY BRANCH OF THE ALZHEIMER'S SOCIETY

### 10.30 AM START ON LIMPSFIELD COMMON

To enter, please complete the form below:

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Male

Female

Address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Age on race day: \_\_\_\_\_

**Runners must be aged 18 or over**

**Entry Fees:** With England Athletics licence – £10, without licence – £12, entries on the day – £2 extra.

**Closing date for postal entries:** Saturday 25th September.

**Start:** Near Limpsfield Chart Golf Club, Westerham Road, Limpsfield, Surrey, RH8 0SL.

**Entries on the day:** 9.00am – 10.15am at Race HQ, Limpsfield Chart C.E. Infant School, Westerham Road, Oxted, RH8 0EA. Entries accepted only up to race limit of 300 runners.

**Further info and full terms and conditions:** [www.oxtedrunners.org.uk/10k](http://www.oxtedrunners.org.uk/10k)

**Email:** [10krace@oxtedrunners.org.uk](mailto:10krace@oxtedrunners.org.uk)

**Sponsorship:** If you wish to help the East Surrey branch of the Alzheimer's Society further by obtaining sponsorship from family, friends and colleagues, please download a sponsorship form from the race website. You will be responsible for collecting your own sponsorship money. Cheques payable to 'Titsey Trail 10K Race' should be left at the enquiries desk at Race HQ on the day of the event or sent to the above address within two weeks of the event.

**Terms and conditions:** I agree to abide by the rules of the event and accept that I am responsible for my own safety at all times. I enter and am running at my own risk and hereby agree that the organisers shall not be held responsible for any injury, accident, loss or damage arising from my participation in this event. I am an amateur as defined by UK Athletics.

Run under UK Athletics rules. Licence No: 2010-101057



Do you belong to an England Athletics affiliated club?

Yes

No

Club name: \_\_\_\_\_

Do you hold an England Athletics Competition Licence?

Yes

No

Licence No: \_\_\_\_\_

Contact name in case of emergency: \_\_\_\_\_

Tel: \_\_\_\_\_

Any relevant medical information: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I enclose a cheque payable to 'Titsey Trail 10K Race' for:

£10

£12

£14

I agree to the terms and conditions

Signed \_\_\_\_\_

Date \_\_\_\_\_

**Please send this form with a cheque and stamped, self-addressed**

**A5 / 9 x 6.4 inch envelope to:** The Titsey Trail 10K, Holly Bank, Church Road, Lingfield, Surrey, RH7 6AH.

Sponsored by:



Residential Care | Nursing Care  
Dementia Care  
[www.barchester.com](http://www.barchester.com)



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