

BIGK 10K

Sunday

22nd March 2009

Victoria Park

Keighley

9.30am

Supporting

Sue Ryder Care 
Manorlands Hospice



A multi-terrain 10K route linking parks and scenic paths, suitable for all abilities (runners and walkers welcome)

A sponsored event in aid of Manorlands (incorporating KeighleyBIGK Mile Events)

For details, entries and further information see www.sportkeighley.com or ring 07919 477861 or see www.suerydercare.org/manorlandshospice
Entries £8.00 (£15.00 on the day, subject to capacity)



Keighley BIGK 10K

Suggested Minimum Donation required to enter:

£8.00 (£15.00 on the day)

PLEASE USE BLOCK CAPITALS

NAME: M / F

ADDRESS:

..... POST CODE

CONTACT TEL: MOBILE:

EMAIL ADDRESS

Category: Runner (<45mins), Runner (>45mins), Walker
Age Group: 11-16, 17-20, 21-30, 31-50, >50 (please circle)



www.boostactive.co.uk Tel: 01535 212484

"For all your running and biking needs.....we're on Halifax Road"

Club (if applicable):

PLEASE NOTE

The BIGK 10K is a multi-terrain 10K route via roads, paths and parks in Keighley (there are a few steps on the route). The route involves crossing a number of key roads in Keighley. Whilst all roads and crossings will be marshalled, the roads will **NOT** be closed and therefore for your safety and the safety of others you agree by signing this form that you will abide **AT ALL TIMES** with the instructions of police/marshals around the course, including **STOPPING IF NECESSARY**. Every effort will be made to enable constant progress to be made around the course, especially for faster runners. Please take the time to read the course details and ensure that you wear footwear and clothing appropriate to the nature of the course and the weather on the day, as parts of the course may be slippery. All participants take part at their own risk and the organisers can take no responsibility whatsoever for any incident, accident, loss or injury however caused. If unused to exercise seek medical advice before participating. Most importantly, **ENJOY YOURSELF!!**

Increase the value of your donation at no extra cost to you! Just tick the box and we get an extra 28p from the Government for every £1 you give.

I would like all donations that I have made for the six years prior to this year, (but no earlier than 6/4/2000) and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations.

(28p in every pound)

I agree to abide by the terms and conditions of the BIGK 10K and confirm that I have read the appropriate details and understand the requirements of me:

Signed:

Signed (parent / guardian) if <18:

Please return completed form to BIGK 10K, Manorlands, Hebden Road, Oxenhope, BD22 9HJ, with Entry Fee (cheques made payable to "Sue Ryder Care - Manorlands").

Please debit my credit card number: Debit Credit Card

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Start Date / Expiry Date / Issue No.

American Express not accepted