



2011 ENTRY FORM



Distance: 5K (3 Miles)
 Venue: Herrington Country Park
 Date: Sunday, September 25th 2011
 11am: Mascot Race
 11:30am: Race for Grace

Every runner or family must complete a separate entry form to take part in the 'Race for Grace'. Photocopies of the form will be accepted. Please ensure the form is fully completed and has been signed. The race is open to all ages but we strongly recommend junior runners are accompanied by a responsible adult. Runners will not be able to enter on the day. Please complete in BLOCK CAPITALS

First Name:	Surname:
Address:	
Post Code:	email:
Tel No:	Date of Birth (17 years and under)

Are you:

Family (2 adults + 2 children) @ £25.00 (please include additional family details below)

First Name	Surname	D.O.B (17 and under)

- Adult @ £10
 Junior (0-17 years) @ £5

Each person will receive a t-shirt, a medal and goodie bag.



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- T-shirt size: 0-6mth 6-12mth 1-2yr(24")
- 3-4yr(26") 5-6yr(28") 7-8yr(30") 9-11yr(32")
- 12-13yr(34") Small (35"-37") Med (38"-40") Lge(41"-43")
- X Lge (44"-46") XX Lge (47"-49") XXX Lge (50"-52")

I wish to enter the 'Race for Grace' 2011

Signature _____ Date _____

The signature of a parent/guardian is required for 17 and under. I have read and agreed the conditions below.

I enclose a cheque for £ _____ as my entry fee.

Please make cheques payable to 'Grace House North East'

Please send this entry form with your cheque to:

Race for Grace
 Grace House North East
 Children's Hospice Appeal
 Business & Innovation Centre Ltd.
 Wearfield,
 Sunderland. SR5 2TA



Terms and Conditions:

- By signing this form, I am entering the run entirely at my own risk, and agree that Grace House North East Children's Hospice Appeal will not be liable for injury or loss that might occur as a result of my participation. This does not affect your statutory rights.
- I understand that if I am in any doubt as to my physical ability to take part in the event I should seek medical advice from my GP.
- I understand that this event will be covered by the media and understand images from the event may be published.
- I agree to abide by the 'Race for Grace' rules available with entry packs.

www.gracehouse.co.uk, info@gracehouse.co.uk, Tel: 0191 516 6302

Registered Charity No: 1100682



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