

# The Trowbridge

## 10K

Sponsored by



*Multi-Terrain Course of approximately 10K.*

*[2 laps of the Southwick Country Park]*

*Race operated under ARC rules & run in association with  
Avon Valley Runners*

**Start @ 11.00am**



**Use this event to raise  
money for the Bath  
Cancer Support Group or  
your own charity**

*Prize for the best  
fancy dressed runner*

**Sunday 10<sup>th</sup> April 2011**

**Start and Finish: Studley Green School,  
Westfield Rd, Trowbridge. BA14 9JQ**

Entry forms, Sponsorship forms and Maps are available online  
[www.trowbridgelions.org/10k.html](http://www.trowbridgelions.org/10k.html)

For further information contact Lion Andy Thompson

☎ 01373 827758 📧 [andythompson@trowbridgelions.org](mailto:andythompson@trowbridgelions.org)



**PLEASE RETURN THIS COMPLETED ENTRY FORM WITH YOUR ENTRY FEE**

Name: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



E-mail: \_\_\_\_\_

Running Club: \_\_\_\_\_

*(must be stated for UK Athletics affiliated fee)*

Gender: Male / Female (Delete as appropriate)

Category: Under 40 / Over 40 / Over 50 (Delete as appropriate)

Signed: \_\_\_\_\_

**Entry Fee: £10 (£12 on the day)**

**£8 (£10 on the day) [UK Athletics affiliated members]**

***Please make cheques payable to: "The Lions Club of Trowbridge"***

*All entries will be acknowledged by e-mail only (please give address above)  
Race numbers will be issued from the school on the morning of the race  
and should be collected before 10.45am.*

*Please enter me for the above event. I am medically fit to take part and understand that I enter at my own risk. I acknowledge that I am over 17 years (on race day) and that the organisers will not in any way be held responsible for any injury or illness or loss of property during, or as a result of the event.*

Send your entry form for pre-race registration (discount) by Friday 1<sup>st</sup> April to:

Andy Thompson, 4 The Village Green,  
Heywood, Westbury BA13 4JZ  
✉ [andythompson@trowbridgelions.org](mailto:andythompson@trowbridgelions.org)

