



# PEN SELWOOD

## Tough 10k Challenge

Sunday 2<sup>nd</sup> April 2017  
Race Starts at 11.00



The event is based at Pen Selwood Village Hall (BA9 8LR). The hall will be open from 9.30am with the start scheduled for 11am. There are toilets available which can be used for changing but space is limited. Refreshments will be available after the event.

The 10k route is a single loop on hilly scenic country roads. The 5k route is the last half of the 10k loop. Whilst the route is on quiet country lanes it will not be closed to traffic and care must be taken at all times.

The use of personal music players is not permitted. Any infringements will lead to disqualification.

### Trophy Categories (10k)

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Open Male  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Open Female  
1<sup>st</sup> and 2<sup>nd</sup> Male Veteran  
1<sup>st</sup> and 2<sup>nd</sup> Female Veteran

### Trophy Categories (5k)

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Under 15's

### Trophy Categories (2k)

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Under 11's

Competitors can win only one trophy and will be considered in the Open category first. The 10k race is limited to 110 entries.

A Road Race organised in accordance with UKA rules	Permit Number:	Applied For
SEEA measured 10km	Certificate Number:	13/020
SEEA measured 5km	Certificate Number:	13/022

	10 km	5 km	2 km
Affiliated	£8 (+ £2 on the day)	£2	£1
Unaffiliated	£10 (+ £2 on the day)		

Results will be made available on the Gillingham Trotters website at [www.gillinghamtrotters.talktalk.net](http://www.gillinghamtrotters.talktalk.net).  
Last postal date for entries 25<sup>th</sup> March 2017.

Postal entries to: Inès Braun, 12 Fairmont Terrace, Sherborne, Dorset, DT9 3JS

### Pen Selwood Races Entry Form - 02/04/17

RACE	10 km / 5 km / 2 km	Official Use only:
SURNAME		
FORENAME		
CLUB/AFFILIATION		
DATE OF BIRTH		MALE / FEMALE
ADDRESS		
@		

I enclose a large SAE and a cheque made payable to 'Pen Selwood Sports&Social Club' for the sum of £

I declare that I will compete on foot and at my own risk and in no way hold the organisers responsible for any injury, illness or accident (including death) to my person and property.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent or guardian for under 18's