



RUN' N THE BANN 5K

ENTRY FORM

Thursday the 5th September 2013 at 7pm.

Registration –1st Portglenone Presbyterian Church Hall 6 - 6.45pm

Run entry fee £6.00

First Name _____ **Surname** _____

Address _____

Postcode _____ **Club (if any)** _____

Date of birth _____ **Age on Race day** _____

Age Categories

Female over 50 Female over 40 Female Open

Male over 50 Male over 40 Male Open

Prizes will be awarded in the following categories:

1st Male Open; 1st Female open; 1st Male over 50, 1st Male over 40, 1st Female over 50, 1st Female over 40, 1st Local Male, 1st Local Female , 1st junior.

Disclaimer

I declare that I am entering the Run' n the Bann of my own choosing and no liability will be placed on the Organisers for any injury sustained or any property lost whilst participating in the event. I confirm that I have no medical disabilities, which would endanger myself or others taking part.

Signed _____

All proceeds will go to support the work of Macmillan Cancer Support