



PEN SELWOOD

Tough 10k Challenge



Sunday 14th April 2024
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.

Dogs, wheelchairs, personal music players and baby buggies are not allowed. Infringement will lead to disqualification.

Trophy Categories (10k)

- 1st, 2nd and 3rd Open Male
- 1st, 2nd and 3rd Open Female
- 1st and 2nd Male Veteran
- 1st and 2nd Female Veteran

Trophy Categories (5k)

- 1st, 2nd and 3rd Under 15's

Trophy Categories (2k)

- 1st, 2nd and 3rd 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

SEEA measured 10km

SEEA measured 5km

Permit Number:

Applied For

Certificate Number:

23/095

Certificate Number:

23/106

	10 km	5 km	2 km
Affiliated	£12 (+ £2 on the day)	£3	£2
Unaffiliated	£14 (+ £2 on the day)		

Results will be made available on the race website at www.penselwood10k.co.uk.
Last postal date for entries 6th April 2024.

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

Pen Selwood Races Entry Form - 14/04/24

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

I enclose a large SAE and a cheque made payable to 'Pen Selwood Events' 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.

I agree that you may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age category.

An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of the event entered, whether or not the licence holder is a citizen of, or resident in, the UK.

Signed: _____ Date: _____

Parent or guardian for under 18's