

25th
ST LUKES HOSPICE
1990 - 2015 ANNIVERSARY

Help make it special

NEW TO 2016:
An exciting new medal!



TEST TRACK TEN



**VISIT WWW.TESTTRACK10.WEBBLY.COM TO ENTER
FOR BEGINNERS AND EXPERIENCED ATHLETES ALIKE
10-MILE CHALLENGE**

DATE: SUNDAY 21ST FEBRUARY 2016
VENUE: FORD MOTOR COMPANY, DUNTON
TIME: 9.30am

Fee: £15 for runners & wheelchair entry



essexford.com



FORD BRITAIN TRUST

**Simon's
Bus S**
The Biggest Little Party Bus
Company in Essex

ENTRY FORM

PLEASE COMPLETE AND SEND FORM TO:
Test Track 10, St. Luke's Hospice,
Astra House, Christy Way,
Southfields Business Park,
Basildon, SS15 6TQ

YOUR INFO

ENTRY: Individual Entry Wheelchair Entry

TITLE:

SURNAME: FIRST NAME(S):

ADDRESS:

..... POSTCODE:

EMAIL:

CONTACT NUMBER:

SEX: M F DATE OF BIRTH: / /

EMERGENCY CONTACT (for team entries please provide one emergency contact for all participants)

NAME:

CONTACT NUMBER:

ENTRY FEE: £15 per entry (runner and wheelchair)

AGE LIMIT: 17 years+

(UK Athletics (UKA) guidelines strongly advise that people of 16 years and under do not competitively race 10-mile distances)

**THE EVENT STARTS AT 9.30AM
PLEASE ENSURE YOU ARRIVE AT LEAST 45 MINUTES PRIOR
(ACCESS TO FORD CLOSSES AT 9AM)**

I declare that I am fit to enter. I understand that I enter at my own risk and that the organisers will in no way be held liable for: personal injury, loss or damage as a consequence of my participation.

Signed: Date: / /

*By entering this event you are agreeing for any photos taken of you at the event to be used in future PR.

WWW.STLUKESHOSPICE.COM

Registered charity 289466