

# BAGGERIDGE

# 5K TRAIL

## 5km Trail Run

## Baggeridge Country Park

## Sedgley, DY3 4HB

## Thursday June 22nd Start 7pm

## Category Prizes - Finishers Tee Shirt

### ENTRY FORM

HELP THE ORGANISER - Please note 'NO ENTRIES ON THE DAY' - Last date for receipt of entries - Tuesday 20th June 2017, 400 race limit

Please enclose your cheque made payable to ACTION HEART together with your entry form and an A5 (148mm x 210 mm) Stamped Addressed Envelope for RACE NUMBER, etc. to:

ACTION HEART, 5 Baird House, Dudley Innovation Centre, The Pensnett Estate, Kingswinford, DY6 7YA Tel: 01384 292233 email: running@actionheart.com

Website / Online Entry: [www.actionheartrunning.com](http://www.actionheartrunning.com)

NAME .....SEX: M/F ...DOB ..... Entry Fee **£9** UKA Club Members **£11** unattached

AGE ON DAY ..... UKA Reg Number if applicable

ADDRESS .....  
.....

CLUB (if attached to UKA) .....

TEL .....email.....

Please enter me for the **Baggeridge 5K**. I declare that I am medically fit to run and understand that I take part entirely at my own risk. I agree to abide by the current laws and rules of competition of UKA. I will be 12 years or over on the day of the event. Please tick if you do not wish to receive information from any of our sponsors

Signed:..... Fee Paid: ..... Date :

NB. If under 18 signature of parent / guardian required