



# Erpingham 5k Rural Run

Sunday 27<sup>th</sup> September 2015

*Start:* 10.30am at Erpingham with Calthorpe Village Hall,  
The Street, Erpingham, NR11 7QD

**Medals** for first 3 finishers in each group (male/female)

Name	Age (if under 16)	
<i>Runners under 16, please also provide</i> Name of Parent /Guardian		
Address		
Post Code		
Email		
Phone Number		
Family/Friend Emergency Contact number ( <i>must not be Runner's own number</i> )		

I declare that I am fit to participate in the event and agree that the organisers will not be responsible for any injury, illness, accident or loss of property as result of my participation

Signature	Date
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*Runners under 16: a parent or guardian must agree to these terms and sign below*

Parent/Guardian Signature	Date
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Registration from 9.30am.

Entry fee:                Adults £5                Under 16s £1

*Please make cheques payable to Erpingham and Calthorpe Youth*

Raising funds for maintenance of the **Multi-Use Games Area**

With grateful thanks to our sponsors