

**ØRSTED Great Grimsby 10k**  
**Sunday 22<sup>nd</sup> July 2018**  
**£18 affiliated; £20 unaffiliated cash only**  
**Entry on the day Great Grimsby Town Hall**  
**From 8am**

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ENTRY FORM (PLEASE COMPLETE IN BLOCK CAPITALS)

Anticipated finish time (please tick) Wave 1 Quicker than 55 minutes

Wave 2 Slower than 55 minutes

Name.....

D.O.B.....Age on race day..... Gender (Circle) M /F.....

Tel Number: .....

E mail.....

Address.....  
.....Postcode.....

Club.....

**DECLARATION**

I am medically and physically fit to run and understand I enter at my own risk. The organisers will not be held liable for any injury, loss or illness however occasioned from the event

Signature/PARENT GUARDIAN.....

Date.....