

**Run Your Heart Out Valentines 10k**  
**Sunday 9<sup>th</sup> February 2020**  
**£23 affiliated; £25 unaffiliated**  
**Exact cash only**  
**Entry on the day Quibell Park**  
**9am to 1030 am ONLY**  
**First come first served**  
**No place reservation**  
**NO GUARANTEE OF A MEDAL**

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ENTRY FORM (PLEASE COMPLETE IN BLOCK CAPITALS)

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. I agree to the terms and conditions as laid out on the race web site [www.valentine10k.run](http://www.valentine10k.run)

Signature.....

Date.....

Late entries are not eligible for the 'couples' prizes  
Please bring 4 pins with you  
Make sure you write your details on the back of your number.  
No guarantee of a medal.

**Medals**

As a late entry there is absolutely no guarantee you will receive a medal. Your runner number has a yellow band on indicating to the medal team that you are a late entry. You will only be given a medal if there will be sufficient left over for you.