



# Donadea Forest 10K Run

Saturday 10<sup>th</sup> October 2009 at 11.00 am

Charity Event for: Little Way Cancer Support Centre  
Clane, Kildare

Organiser's info visit: [www.donadearunningclub.com](http://www.donadearunningclub.com)

- Changing & parking at St Kevin's GAA Staplestown, from 9.00am on the day
- Minimum age for entry is 18 years
- Accurate Course Measurement
- Race limited to first 600 entries
- Total prize fund is €1250 + Spot Prizes  
First 3 men, First 3 women & Club team prize 1<sup>st</sup> 3 Men & Women
- Enter as individual or as a team
- Unique Medal, T shirt & Refreshments for all finishers

**Payable to:**

Donadea Forest  
10K run

**Post to:**

Donadea Forest 10K Run  
c/o 88 College Wood Manor  
Clane  
Co Kildare

- Course map, race info, training plan and finishers results on our website
- Entry open to runners & joggers
- Athletics Association Ireland Race Permit

**Send entry below entry form & €28.00 entry fee payable to:**

The run will start promptly at 11.00am from St Kevin's GAA. All postal and online entries will collect their race number from Staplestown GAA on Friday 9<sup>th</sup> October from 6.30pm to 9.30pm or on the day from 8.30am until 10.00am. ID required before number is issued.

**Entry Form** (Keep upper part of form for information)

PLEASE COMPLETE IN BLOCK CAPITALS

Forename		Surname	
Date of Birth	Age on Day ____	How did you hear about the run?	
Address	Male <input type="checkbox"/> Female <input type="checkbox"/>		
E-Mail		Estimated Finish Time in minutes	
Telephone	Home: Mobile:	Club Name (if entering the team prize)	
Emergency Contact	Name:	Emergency Contact	Mobile No:
Sponsorship Card	Yes <input type="checkbox"/> No <input type="checkbox"/>	Did You run 10K Last year?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Fee Enc.	€28.00 ("Donadea forest 10k Run") Yes <input type="checkbox"/> No <input type="checkbox"/>	Additional donation payable to "Little Way"	Yes <input type="checkbox"/> No <input type="checkbox"/> <i>(Optional)</i>

I declare that I will abide by the laws and rules of the race. I will follow all instructions given by the race officials. I am not under the race minimum age to compete in this event i.e. 18 years old; and I accept that the organisers will not be liable for any loss, damage, action, claim, costs or expenses, which may arise as a consequence of my participation in this event. I declare that I will not compete in this race unless I am in good health on the day of the race and that in any case, I will only compete at my own risk.

SIGNATURE .....

DATE .....