

TAKE UP THE CHALLENGE  
AND SUPPORT SUE RYDER CARE

# Biddenham 10K River Run

A RIVER TRAIL EVENT

**5K FUN RUN AND SPONSORED WALK**  
in aid of St. John's Hospice

**Sunday 27 September 2009 at 10.45am**

Start - Finish: Biddenham Pavilion, Deep Spinney,  
Biddenham, Beds. MK40 4QP

- Free Car Parking at Biddenham Upper School
- Run Under UK Athletic Rules
- Medals
- Trophies: 10k 1st, 2nd, 3rd M+F,  
1st M+F Junior 15-16; 5k 1st M+F,  
1st M+F Junior 13-14
- Multi-terrain • Refreshments
- Changing Facilities: Toilets & Showers

**UK Athletics Licence Number 2009-100062**

**The aim of this event is to raise much-needed funds  
for St. John's Hospice, Moggerhanger.**



**Event fees (10K)**

(Entrants must be age 15 and over  
on the day of event)

UKA Affiliated* .....	£10
Unaffiliated .....	£12

You must provide a UKA Competition  
Licence No. to enter as UKA Affiliated\*

<b>Fun Run (5K)</b> .....	£8
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Minimum age 13yrs

**Walk** (sponsors required) .....FREE

**Junior Dash** (under 8yrs) .....£1

Postal entries close 13th September -  
Entries on the day cost £2.00 extra  
and close 10.30am

**Event Co-ordinator:**

Noel Jones  
biddenhamriverrun@googlemail.com

Please enter me for:

- 10K**    **5K Fun Run**    **Sponsored Walk**

Surname: .....

First Name: .....

Address: .....

Town: .....

Postcode: .....

Tel: .....

DOB: .....

Male/Female .....

Club: .....

UKA Competition Licence No: .....

I intend to raise sponsors	Y/N
Sponsor form will be returned with entry number	

A signed entry form will be considered as acceptance of UK  
Athletics Rules and a declaration that you are an amateur and will  
run/walk entirely at your own risk and are medically fit to take part  
and that the organisers and landowners will not be responsible for  
any injuries sustained by you or for any property lost in the  
changing rooms, car park or on the course.

By participating runners and walkers agree to take part in post-run  
publicity which may include interviews, photography and/or  
filming for Sue Ryder Care internal communications, local and/or  
national media.

**The course is not suitable for wheelchairs,  
prams and pushchairs**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Send to: Entries Secretary,  
Biddenham 10k River Run,  
4 Greskine Close, Bedford, MK41 ONW. Cheques  
payable to **Sue Ryder Care**