



www.Fowlmead.co.uk

The Fowlmead Friday 5k race series

Fowlmead Country Park
Off A258 Sandwich Road
Sholden
Near Deal
Kent CT14 0BF
(01304) 615390

Tim Sutton (Sports Massage)  and Deal Tri Club 

Mementos to all finishers and prizes for Overall series winners (best 3 from 4 races) and at each event 1st, 2nd, 3rd Male / Female, 1st, 2nd Vet Male / Female, 1st Super Vet Male / Female (numbers permitting)

Race entered: 5k / Junior 1500m May 28th June 25th July 30th August 27th Whole Series
(Please circle as appropriate)

UKA £7per race £25 whole series (Seniors) Non UKA £9 per race £30 whole series
All junior races £3 per race £10 whole series UKA PERMIT APPLIED FOR
PLEASE NOTE: Series entries must be received before the start of the first race
ALL SENIOR ENTRIES ON THE NIGHT £9

Amount enclosed £.....

- First Name: _____ Surname _____
- Telephone Number: _____ Email address: _____
- Address: _____
- Postcode: _____ Date of Birth: _____
- Club: _____ UKA Number _____
- Gender: (Please circle) Male / Female

I hereby declare that I am medically fit and/or permit the above to compete in the FOWLMEAD FRIDAY 5K RACE SERIES and that Deal Tri and Tim Sutton Sports Massage and/or its Agents, Event Organisers and Marshals are not responsible for any injury (including fatal), loss, accident, or damage sustained as a result of my participation in this Event.

SIGNATURE.....

DATE...../...../.....

(Parent / Guardian signature required for under 16's - who MUST accompany entrant at the Event)
Please make cheques payable to DEAL TRI LTD
Details will be sent by E-Mail unless a stamped addressed envelope is enclosed to:
Richard Horton, Northbourne Park School, Betteshanger, Deal, Kent CT14 0NW
E-Mail; richardhorton2@hotmail.com or call 07967-629907



www.dealtri.co.uk



www.timsuttonsportsmassage.co.uk