

**SHOE CLINIC ASICS 5K SERIES 2010
REGISTERED RUNNERS RACE**

Name

Club

GRADE	Tick	Fee
Senior Men		\$5
Senior Women		\$5
Masters Men 35-44		\$5
Masters Women 35-44		\$5
Masters Men 45-54		\$5
Masters Women 45-54		\$5
Masters Men 55+		\$5
Masters Women 55+		\$5

Start Time

Registered Run: 5:45pm

Entries

Entries are taken on the evening of the race up to 15 minutes before the start time. Each competitor will be given a number marked on the leg that must be legible to claim positions and times.

**SHOE CLINIC ASICS 5K SERIES 2010
REGISTERED RUNNERS RACE**

Name

Club

GRADE	Tick	Fee
Senior Men		\$5
Senior Women		\$5
Masters Men 35-44		\$5
Masters Women 35-44		\$5
Masters Men 45-54		\$5
Masters Women 45-54		\$5
Masters Men 55+		\$5
Masters Women 55+		\$5

Start Time

Registered Run: 5:45pm

Entries

Entries are taken on the evening of the race up to 15 minutes before the start time. Each competitor will be given a number marked on the leg that must be legible to claim positions and times.



PORT HILLS ATHLETIC CLUB INC.

Performance Prizes

Performance prizes will be presented in each grade for the registered athletes with results calculated over the five races of the Series. All performance prizes will be presented at a ceremony to be held at 7:30pm after the last race on Tuesday 9th Feb 2010. **Complete rules are available at the entry table.**

Courtesy

Hagley Park is a public facility so please respect other park users. Competitors being overtaken must give right of way to faster runners. Please keep the park tidy by using the bins provided.

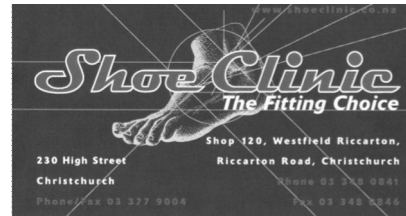
Conditions of Entry

All entrants in the Shoe Clinic Asics 5K Series take part entirely at their own risk. Entrants agree that Port Hills Athletic Club may use results and images from the Shoe Clinic Asics 5K Series for publicity purposes.

I have read and accept the conditions of entry on this form:

Signature:

.....



PORT HILLS ATHLETIC CLUB INC.

Performance Prizes

Performance prizes will be presented in each grade for the registered athletes with results calculated over the five races of the Series. All performance prizes will be presented at a ceremony to be held at 7:30pm after the last race on Tuesday 9th Feb 2010. **Complete rules are available at the entry table.**

Courtesy

Hagley Park is a public facility so please respect other park users. Competitors being overtaken must give right of way to faster runners. Please keep the park tidy by using the bins provided.

Conditions of Entry

All entrants in the Shoe Clinic Asics 5K Series take part entirely at their own risk. Entrants agree that Port Hills Athletic Club may use results and images from the Shoe Clinic Asics 5K Series for publicity purposes.

I have read and accept the conditions of entry on this form:

Signature:

.....