

The 33rd Taunton 10K - Sunday 29th September 2019

UK Athletics Licence tbc SEAA Measurement Certificate 17/405



11.00 am START from Blackbrook Pavilion, Blackbrook Way, Taunton TA1 2RW
 Numbers and chips issued on Raceday
 Online entry via www.taunton10k.co.uk



Course- Start in road outside Pavilion. Gently undulating circular course heads through the residential Holway area of Taunton into quiet country roads through Stoke St Mary and Haydon, returning to the Finish at Blackbrook Pavilion. Some sections of the course are narrow. Runners must keep to the left hand side of the road except where directed by course officials. Roads will **not** be closed to traffic except for the Start and a section between 6km and 7km so **headphones are banned** in accordance with UKA Rules. Headphones that work by conducting sound through bones and do not sit in the ears are acceptable. A water station will be located after the halfway point. Medical cover by St John Ambulance.



Prizes Die-cast Metal Medals to all finishers
 First 3 Men, First 3 Women, First U17 Boy & Girl, First U20 Man & Lady
(Minimum) First Masters M35+, M40+, M45+, M50+, M55+, M60+, M65+,
 First Masters F35+, F40+, F45+, F50+, F55+, F60+, F65+

2018 Winners 33.49 Daniel Cahill – Minster Milers; 36.42 – Hannah Taunton – Taunton AC

Enquiries to John or Sue Lewis tel - 01823-283892 email - tauntonmarathon@btinternet.com
Entry forms to Taunton Marathon, PO Box 621, Taunton, Somerset TA1 2WG



See full Terms and Conditions at www.taunton10k.co.uk

ENTRIES CLOSE SATURDAY 21 SEPTEMBER 2019 – RACE LIMIT 700 - NO LATE/RACEDAY ENTRIES

TAUNTON & DISTRICT CARNIVAL COMMITTEE LTD - A COMPANY LIMITED BY GUARANTEE - REGISTERED IN ENGLAND - NUMBER 2923638

X.....X,,,,,,X

The 33rd Taunton 10K - Sunday 29th September 2019 – Entry Form

Online entry via www.taunton10k.co.uk

Please complete in block letters (Photocopies accepted) – Minimum age 15 years on 29th September

Surname			Sex (circle)	M F
Forename			Date of Birth	
Address			Age on raceday	yrs
			Estimated Race Time	mins
Postcode	Phone	Email		
Emergency contact name and number (mandatory)				
Club/Team			UKA Affiliated Y N	Comp Number
Wheelchair?	Y N	Please tick if details NOT to be released to 3 rd party (incl Race photographer) <input type="checkbox"/>		
Please state any medical condition that affects your running				
Please circle appropriate category U 17 Man U20 Man Sen Man 17-34 M35+ M40+ M45+ M50+ M55+ M60+ M65+ U17 Lady U20 Lady Sen Lady 17-34 F35+ F40+ F45+ F50+ F55+ F60+ F65				
Please circle T-shirt size Small Medium Large XLarge XXLarge (T-shirt compliments of Everyone Active this year)				

I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself prior to, during or after the event. I understand the organisers reserve the right to delay, postpone, cancel or not officially time the event in the event of adverse weather conditions or other events outside the organisers' control. The determination of what constitutes this is reserved solely to the Race Director. Photographs of the race will be taken for publicity purposes. I understand that my image may be used and give permission freely for it to be used. I understand that entrants under 18 years old require the permission of a parent or guardian to take part in the event. I agree to my personal information being used as described in the full published Terms & Conditions. I agree to the Terms & Conditions published on the website www.taunton10k.co.uk

Signed.....Date.....
 (Parent or guardian if under 18)

Entry forms to "Taunton Marathon", PO Box 621, Taunton, Somerset TA1 2WG

ENTRIES CLOSE SATURDAY 21 SEPTEMBER 2019 – RACE LIMIT 700 - NO LATE/RACEDAY ENTRIES