

# REGISTRATION FORM



MEN'S HEALTH FORUM SCOTLAND

# THE 10K FOR MEN

SUNDAY 20TH JUNE 2010

10AM BELLAHOUSTON PARK, GLASGOW. OPEN TO ALL MEN 15 & OVER



jogscotland



Designed by

keywest

[www.keywest.co.uk](http://www.keywest.co.uk)



More information and registration at [mhfs10kformen.org](http://mhfs10kformen.org)

# REGISTRATION FORM

## IMPORTANT INFORMATION

### How to Enter:

Carefully fill in ALL sections of the entry form in ball point pen and send with the correct entry fee to the address shown. This form is invalid unless the signature panel on the back page is complete. We aim to acknowledge your entry within 10 days of receiving it. You will receive your Race Pack in the week before the event. Please print the address to which you wish all mailings to be sent. Please notify us of any change of address as soon as possible.

Surname:

Forename:

Address:

Postcode:

Telephone:

Date of Birth:

DD/MM/YYYY

*(All participants must be 15 years or older on the date of the event)*

**Email:** *(We will only contact you by email in relation to this event)*

If you are participating as part of a team, please enter team name here.

*Please ensure all team members enter the same team name.*

What is your predicted time to complete the 10K? This will determine your start position.

Hours:

Minutes:

T-Shirt size:

Small

Medium

Large

XLarge

XXLarge

Have you taken part in a 10K event before?

Yes

No

If you have an interesting story about why you're taking part in the event and would be willing to take part in advance publicity, please give some details here.

Where did you hear about the MHFS 10K for Men?

Do you have a medical condition the event organisers should know about?  
*(Information will be treated in confidence)*

**Will you be raising money for a Charity?**

I am not taking part on behalf of any charity

I would be interested in raising money for Men's Health Forum Scotland  
*(You will be sent a sponsorship pack by MHFS).*

I will be raising money for my chosen charity, which is:   
*(It will be your responsibility to contact this charity for sponsorship materials.)*

**Registration Fee**

**'Early Bird' Fee - £15.00** (all entries received by 17:00 on Wednesday March 31st 2010)

**Standard Fee - £17.00** (all entries received after 17:00 on Wednesday March 31st 2010 until close of registration)

**Note** – there has been a network of free men only jogging groups set up in Scotland, members of which are entitled to a registration fee of £12.00. If you are a member of one of these groups, please contact your Jog Leader for more information on how to register.

If you are not a member and would like to find out if there is a men's jogging group in your area, please visit our website at [mhfs10kformen.org](http://mhfs10kformen.org) or telephone 0141 550 7577.

**Registrations and fees must be received by 17:00 on 11th June 2010 or when entries reach our capacity of 5,000.**

Please do not send cash. Make cheques/postal orders payable to:

**Men's Health Forum Scotland** *(Please write your name on the back of the cheque).*

If you would like a free membership of jogscotland please tick here:  
*(This will entitle you to a free quarterly magazine, free training log book and various discounts on running materials.)*

# ADDITIONAL INFORMATION

## More information can be obtained from:

Men's Health Forum Scotland

Telephone: 0141 550 7577

Email: [tenk@mhfs.org.uk](mailto:tenk@mhfs.org.uk)

Visit [mhfs10kformen.org](http://mhfs10kformen.org) where you can register online.

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for the damages I may have against The Organising Authorities, and any Sponsors and their representatives, successor and assignees for any and all injuries sustained by me in said event.

I hereby declare that I will be the correct age or over on the day of the race and have not competed in any athletics (track, road race, cross country or road walking) event as a professional, or having done so, I have reinstated to amateur status.

In the event of cancellation outwith the control of the organiser, no refund will be given.

Photographs taken of the event which may portray your participation in the race may be used by Men's Health Forum Scotland and by any Sponsors of the Event.

Details given on this entry form may be used by Men's Health Forum Scotland or its agents for the purposes of race commentary points of interest.

I hereby declare that the above details are COMPLETE and CORRECT in every detail.

**Signature:**

**Date:**

Please return your completed form with payment. Write participant name(s) on back of cheque (please do not send cash) to:

**Sport Systems, Regency House,  
61 Walton Street, Walton On The Hill,  
Tadworth KT20 7RZ**

## DATA PROTECTION

Please note the following: Details given on this entry form may be used by Men's Health Forum Scotland or their agents for the purposes of Marketing/PR.

If you do not wish your details to be used for this purpose, please tick here.

You should note that medical information you may give on this entry form will be passed to the Emergency Services.

Men's Health Forum Scotland is a registered charity No. SC032351

All finishers will receive a certificate, medal and goody bag.  
T-Shirts will be sent out in advance of the event.

For more information on training programmes and the free men's jogging groups, visit our website: [mhfs10kformen.org](http://mhfs10kformen.org)