

1km 5km 10km  
**PENDOCK**  **SPRING CHICKEN RUN**

**10K, 5K or 1K – Choose your distance!**

**Sunday 22<sup>th</sup> March 2020**

**Main races start 11:30am, 1K starts 11am**

**Organised by Friends of Pendock School in association with Tewkesbury Running Club and Black Pear Joggers**

- Join us for a multi-terrain run on gently undulating roads and farm tracks in the south Worcestershire countryside.
- Themed prizes
- Free entry into raffle with your race number
- All proceeds go to supporting local Pendock Primary School



**Race HQ:** Pendock School, School Lane Pendock, Glos GL19 3PW

**Entry fees:** **10K £10** affiliated with UK Athletics club, **£12** unaffiliated (minimum age of 15)  
**5K £7** (under 9s accompanied by an entered adult)  
**1K £3** (under 9s accompaniment advisory)

We will not be accepting any entries on the day to make things run smoother and ensure results can be processed efficiently after the race. You can enter online up until the day before the race if the race is not full. Race limits are **250** for the **10K**, **150** for the **5K** and **100** for the **1K**.

**[www.runpendock.co.uk](http://www.runpendock.co.uk)**   
**Find out more and enter online**



Race numbers will be issued on the day (registration from 9:30am). Accepted entries and final instructions will be shown on the website. Race not suitable for wheelchairs.

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**Postal entry form** Send to: **The Race Director, 1 Don Road, Worcester, Worcestershire, WR4 9ET** with relevant payment. Cheques payable to: **Friends of Pendock School**

Postal entry closing date: **17<sup>th</sup> March 2020** (or earlier if full, last year filled quickly)

**Full name:** ..... **Date of birth:** .....

**Phone number(s):** ..... **Gender:** Male / Female

**Email address:** .....

**Postal address (inc. postcode):** .....

**Are you affiliated?** Yes / No **UK Athletics affiliated club:** .....

**T-Shirts:** Please contact us if you require multiples.

**Colour:**  Pink  Orange

**Size:** Adults: S  M  L  XL  XL  XXL  **£10 each**

Childrens: Age 4  Age 8  Age 12  Age 16  **£8 each**

**Disclaimer:** I am an amateur as defined by UK Athletics and will abide by the race rules. I am physically fit to run and understand that I enter at my own risk. I agree that the organisers shall not be liable for any accidents, injury, loss or damage caused as a result of my participation.

**Signature:** ..... **Date:** ..... **Race Entered:** 1K  5K  10K