

Section 3: Medical Requirements

Medical: please let us know if you have any physical or medical conditions.

Yes No

If yes, please give details

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Section 4: Advertising

Please indicate how you heard about the event:

- | | | | | | |
|------------------------|--------------------------|-------------------------|--------------------------|-----------------------|--------------------------|
| Leisure Scene magazine | <input type="checkbox"/> | Other CSSC Event | <input type="checkbox"/> | Friend/Colleague | <input type="checkbox"/> |
| CSSC Website | <input type="checkbox"/> | Poster in the workplace | <input type="checkbox"/> | Departmental Intranet | <input type="checkbox"/> |
| Email | <input type="checkbox"/> | CSAA Website | <input type="checkbox"/> | Other | <input type="checkbox"/> |

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Section 5: Important Information

Registration will be available from 12.00 at the Athletics Track on East Carriage Drive, in the north east corner of the Park, close to Chelsea Bridge and adjacent to Queenstown Road

These events are active and players should be aware of the physical activities involved. CSSC reserves the right to cancel the event if under subscribed.

All CSSC members taking part in the event are covered by CSSC Sports and Leisure Public Liability Insurance. Please note that this policy is NOT a Personal Accident Policy. Members are encouraged to take out their own insurance policy.

Photocopied forms will be accepted

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Section 6: Sport Specific Information Timetable of Events

Capital Challenge 3K Individual & Team Road Run 13.30

CSAA 10K Championships 14.00

Medals will be awarded to:

- First three in each race
- First veteran, man and woman, in each of the age categories 35+, 40+, 45+, 50+, 55+, 60+
- First three Departmental men's teams (four to count)
- First Departmental men's V35 team and first departmental men's V50 team
- First three Departmental women's teams (3 to count)
- First Departmental women's Vets.' team (3 to count)

CSSC are awarding medals to all finishers.

Results will be provided by Jand Results and will be displayed on their website the day after the race.

www.jand.co.uk

Signed:

Date: