

|                                 |                               |
|---------------------------------|-------------------------------|
| <b>Event</b>                    | Capital Challenge 3K Run 2010 |
| <b>Venue</b>                    | Battersea Park                |
| <b>Date of event</b>            | 30/03/2010                    |
| <b>Closing date for entries</b> | 26/03/2010                    |

Please complete all sections in BLOCK CAPITALS. CSSC membership numbers must be included. You may find it helpful to 'Tab' from one field to another.

|                                |  |
|--------------------------------|--|
| <b>Department/Organisation</b> |  |
|--------------------------------|--|

**Section 1: Your Details** (Delete as applicable)

|                               |   |          |
|-------------------------------|---|----------|
| Mr/Mrs/Miss/Ms/Other          | Forename:   | Surname: |
| Male/Female                   | Date of birth:  |          |
| <b>Address</b>                |   |          |
| <b>Postcode</b>               |   |          |
| <b>CSSC membership no.</b>    | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> |          |
| <b>National Insurance no.</b> | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> |          |
| <b>Home Telephone no.</b>     | <b>Work Telephone no.</b>   |          |
| <b>Mobile Telephone no.</b>   | <b>Email</b>  |          |
| <b>Next of Kin</b>            | <b>NoK Contact Tel. no.</b>   |          |
| <b>Age on day of event</b>    |   |          |

**Section 2: Team Members**

**Entry is Free**

CSSC membership numbers must be included. If you are entering a team for the 3K, please complete the names and CSSC membership for your team below. There is no limit to team numbers but only the first three people across the line will count towards the final team total.

| Name | CSSC Membership Number |
|------|------------------------|
| 1.   |                        |
| 2.   |                        |
| 3.   |                        |
| 4.   |                        |

**Section 3: Organiser – Ted Wingrove.**

Return your entry form to :

Gerry Trainer HMRC  
 Rogers House  
 Beecroft Road  
 Cannock, Staffs  
 WS11 1JA

If you have any queries, please contact Gerry Trainer on [gerry.trainer@hmrc.gsi.gov.uk](mailto:gerry.trainer@hmrc.gsi.gov.uk) or on 07903 743767

Alternatively, visit the CSAA website: [www.csaa.org.uk](http://www.csaa.org.uk)

CSSC Sports & Leisure website: [www.cssc.co.uk](http://www.cssc.co.uk)

**Section 4: 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 5: 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 6: 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 7: Sport Specific Information Timetable of Events**

3K Individual & Team Road Run 13.30

**Medals will be awarded to:**

First man and first woman  
First three teams with 3 to count.

CSAA 10K Championships 14.00

**CSSC are awarding medals to all finishers in both races**

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

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

**Signed:**

**Date:**