

Cotgrave Paws 10k

Multi-terrain off road race

And **2k Fun Run With Harry Hare**



SATURDAY 17TH APRIL 2010

COTGRAVE COUNTRY PARK, NOTTINGHAM



10k start 9.45am

Fun run start 10 AM

A traffic-free course set within the grounds of Cotgrave Country Park on Hard Surface/Grass

Enquiries to paws10k@gmail.com or contact Bryony on 07913393411

Race info from event link at www.runnersworld.co.uk, www.hprcrun.co.uk, www.dogstarfoundation.com, www.sweatshop.co.uk

-  Prizes for category winners
-  Drinks station on route
-  Refreshments at finish
-  Car parking, toilet & shower facilities adjacent to Country Park
-  Run under UKA rules
-  Measured 10k Course
-  Km markers
-  First aid facilities
-  Goody bag to all finishers
-  Full marshalling on course

ENTRY FEES

UKA Affiliated runner discount fee: £6.50
Non-affiliated runners: £8.50
Fun Run £2.50

Entries on the day accepted if 300 limit not reached

ENTRY FORM

I enclose my entry fee of £ _____

NAME.....

ADDRESS.....

.....POSTCODE.....

DATE OF BIRTH: AGE GROUP ON RACE DAY:

Junior (15-18) Senior (w)u35 (m)u40


Veteran (w)+35(m)+40 Fun run (2 yrs+)

MALE FEMALE EMAIL.....

CLUB NAME:.....

UKA MEMBERSHIP NO:.....

 Please tick the box if you are happy for the charity to claim gift aid

 Please enclose a SAE for race no. & information

Please tick the box if you do **not** wish to be added to mailing list of

 Paws 10k event

Raise £50 or more for Dogstar foundation and get your entry fee refunded!

Sponsorship form and Dogstar information sheet available from www.hprcrun.co.uk

I would like to raise sponsorship for Dogstar foundation

Please make cheques payable to 'Dogstar Foundation' and return your

entry to: 30 Kingswood Road, West Bridgford, Nottingham NG2 7HS

Closing date for postal entries: 9th April 2010

I declare that I am medically fit and that I enter and intend running at my own risk. The organisers will in no way be held responsible for injury or illness incurred to my person during, or as a result of the event, or any loss of, or damage to property on the course or in the Cotgrave Country Park or adjacent facilities provided.

Signed: (Parent/Guardian if under 18 years)
Date.....

Supported by

Holme
Pierpont
Running
Club



All Proceeds To



DOGSTAR FOUNDATION
WWW.DOGSTARFOUNDATION.COM

