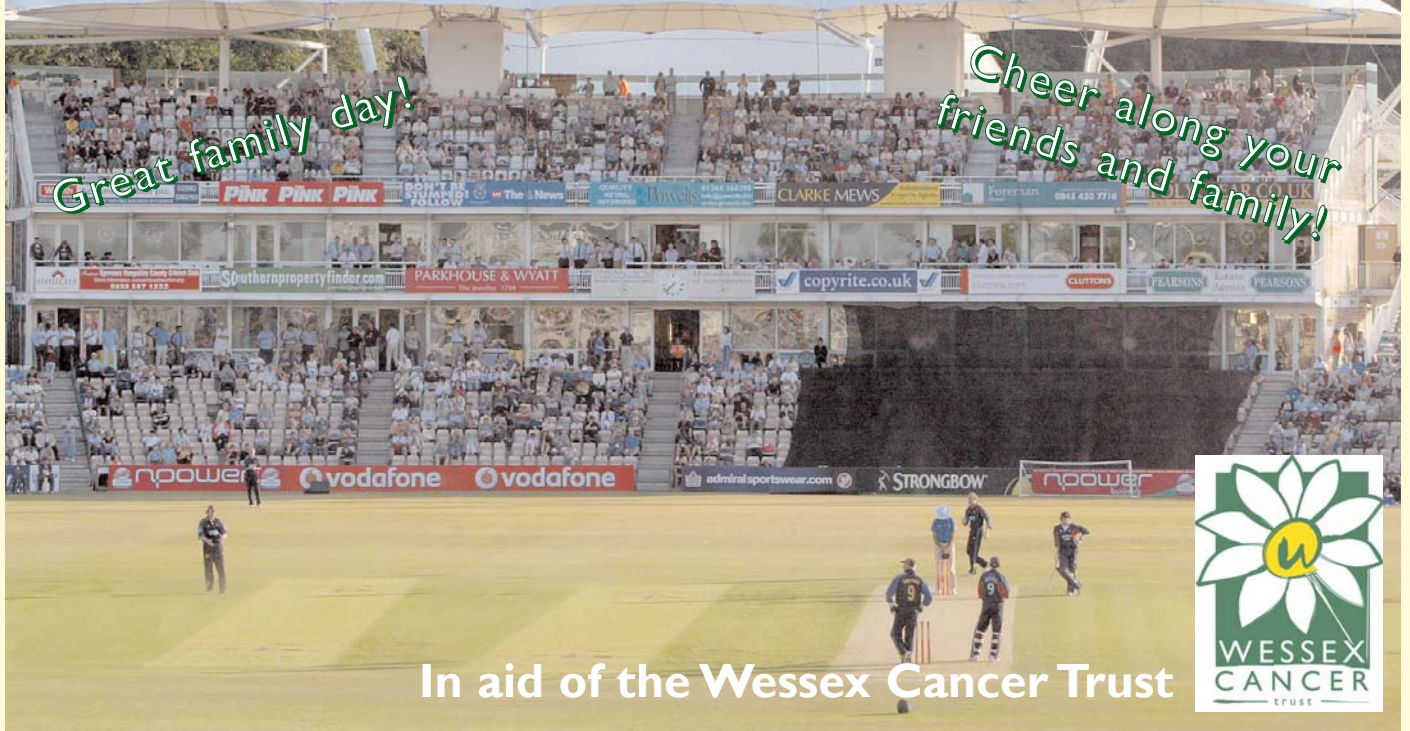


Norwich Union Healthcare Rose Bowl 5 Mile Run, Family Fun Run or Sunday Stroll!

Sunday 14th October 07 starting from 9am

Great family day!

Cheer along your
friends and family!



In aid of the **Wessex Cancer Trust**



“New Route” Family Fun Run / Sunday Stroll 10.30am: Children, adults and especially teams encouraged to take part in this fun race or enjoy walking the course set within the Rose Bowl. Fancy dress is encouraged and unique ways of finishing the course welcome! Fancy dress optional but **prizes awarded for best fancy dress and best team spirit.**

Main Course 11.30am: 5 mile* run. Great course to be competitive or to just enjoy the thrill of the run and raise your fitness levels. The course is set in the beautiful grounds of the Rose Bowl across multi terrain, finishing in the stadium.

Facilities: Toilets, changing rooms, refreshments and ample parking at The Rose Bowl. Post race BBQ, music, face painters, games and presentation.
Spectators welcome to watch from the grand stand!

Information: Race numbers allocated for 5 mile run, sponsorship forms and programme will be posted pre race.

Prizes: Commemorative medal and goody bag to all participants!
Team prizes and trophies awarded to category winners
(5-mile awards only).



*Think athletics, think
Team Southampton*



Entry Form - In aid of the Wessex Cancer Trust

Please circle: 5 mile* run Family fun run or stroll! Please complete one form per person.

Surname _____ First Name _____

Postal Address _____

County _____ Postcode _____

Male/Female _____ Date of birth _____

Telephone Number _____ Affiliated Club Name (if any) _____

Team Name (if any) _____

Fees: **Fun run / stroll** - children and adults £5
5 mile run* - Club runner £8, Unaffiliated runners £10, Entry on the day £12

Fee enclosed £ _____ (Cheques made payable to Wessex Cancer Trust)

Please state where you found out about this event. E.g Daily Echo, flyer etc. _____

Declarations

I declare that I will be over 15 years old of age on 08/10/07. I am medically fit and will abide by the UK Athletics rules and will in no way hold the Organisers or Sponsors responsible for any injury, illness or accident to my person or loss of property resulting from my participation in this event. I declare that I will not compete in this race unless I am in good health on the day of the race and that, in any case, I will only compete at my own risk.

Signed _____ Date _____

Send your entry form and fee to Wessex Cancer Trust, Bellis House, 11 Westwood Road, Southampton SO17 1DL. Any queries please phone 023 8067 2200.

Team Southampton contact; macinnesjohn@yahoo.co.uk or phone 023 8076 8031.

Your name and address may be passed onto the sponsors of this event who may wish to send relevant information to you. If you would prefer not to receive such information, please tick this box. Thank you.



Think athletics, think Team Southampton


THE ROSE BOWL

