



# registration form

Sunday 22 November 2009, 11am, Hatfield House, Hertfordshire

Please read this form carefully, complete and return to the Willow Foundation at the address below:

Name

Address

Postcode

Telephone

Email

Date of birth: / / Age on 22 November 2009\*

\*entrants must be 17 years or older on race day

Entry fee: £12.50

willow 10K T-shirt £5.00

Size required: S  M  L  XL

Donation £

TOTAL £

I enclose a cheque for £  made payable to 'Willow Foundation'

OR debit my Visa/Mastercard/Switch/Masestro/Amex account by £

Card (delete as appropriate) VISA / MASTERCARD / SWITCH / MAESTRO / AMEX (Card must be registered at the address given above)

Card no.

Security code  (Last three figures on signature strip, Amex: four figures on front) Record of your security code will be destroyed once the transaction is complete

Start date  Expiry date

Name (as it appears on your card)  Signature

### General Information

We cannot refund entry fees to runners who did not eventually take part in the race. No dogs, cyclists or prams are allowed on the course. There will be no entries on the day. Please check your bank statement for confirmation of entry receipt. The Organisers reserve the right to limit and refuse entries. Medical Advice: if you suffer from any form of medical condition mark the front of your race number with a prominent waterproof cross and list details of the condition on the back of your race number.

### Declaration

I fully understand that I have entered this race at my own risk and that the Organisers and Sponsors will not be liable for any injury before, during or after the event. I understand runners must be 17 years of age or older on 22 November 2009. I declare that I am physically fit and waive and renounce any rights or claims for damages I may have against the Willow Foundation, Hatfield House and the race sponsors for any loss/injury as a result of my participation in the race. I understand that for safety reasons race numbers are not transferable under any circumstances. I accept that no refund can be given if the race has to be cancelled or postponed due to circumstances outside the Organisers' control.

Signature  Date: / /

Please tick this box if you are happy to receive information about the Willow Foundation. You can unsubscribe later if you change your mind.



Please send your form and payment to: willow10K, Willow Foundation, Willow House, 18 Salisbury Sq, Hatfield, Herts AL9 5BE