



Doug Anderson 5k

Wednesday 19th July 2023 @ 7.30 pm
at
Bedford Park, Park Avenue, Bedford

SUBMISSION DEADLINE 7:00pm sharp



Course Measurement Certificate ARC 21/091
Race Permit No: ARC 23/0281



Flat, fast 2½-lap course in Bedford Park
Finish Medal, Individual & Team Prizes
Bedfordshire AAA 5K Championship
No head or earphones
Race Entry Limit 450: First Aid
Race bib & timing chip - collect at race

Race number

(For completion by race officials)

Surname:	D.O.B:
Forename:	UKA/ARC Club:
House/Flat No:	Email:
Street Name:	Age on 19/7/2023:
Town:	Mobile No:
Postcode:	Gender: M/F
County Champs: Y/N	Race Medal: N/A

Please accept my entry for the Bedford Harriers Doug Anderson 5K 2023. I accept and acknowledge that my race number and timing chip will be available for collection on race day only and I do not expect to receive any information by post. I will be 13 years or older on race day and medically fit to compete. I accept that I enter at my own risk and that the organisers will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of my participation in this race. I consent that my details will be used for the purposes described in the Bedford Harriers entry on the Data Protection Register. I will abide by the ARC Rules of Competition. I accept that there will be no refunds under any circumstances. I further agree that, in accordance with the organisers' instructions, I will not wear ear/head phones including bone conducting head/earphones* during the event and furthermore will park only in the designated race car park/s and or parking areas as detailed on the race website. *Medical or prescription device to aid hearing excepted.

Entries on the day: £15.00 affiliated £17.00 unaffiliated

Cheques payable to - Bedford Harriers A.C.

Signed: _____ **Date:** _____

To be signed by parent or guardian if under 16 years

Bedford Harriers AC legitimately collects personal

data for the administration of this event. Full details of the data collected & its use, please visit the race website accessible from:

www.bedfordharriers.co.uk

hello@bedfordharriers.co.uk