



Kesgrave Music Festival
Saturday 7th August 2010
Kesgrave Community Centre

2nd Annual 'Kesgrave 5k' fun run on Sunday 2nd May 2010

Venue: The Bell Inn, Main Road, Kesgrave, Ipswich

Time: 11.00am

Route: Bell Lane, The Long Strops, Curtis Way, Ropes Drive

Entry Closing Date: Sunday 25th April 2010

Entries will be taken on the day from 9.00am to 10.45am

Entry Fees:

Adults.....	£4.00
Children.....	£1.00

Cheques or Postal Orders should be made payable to **Kesgrave Music Festival**

Note that entry fees only refundable if withdrawal notified by Sunday 18th April 2010. A waiting list will be in place if entries are oversubscribed.

Send fee with entry form to:

Debbie McCallum
The Bell Inn
Main Road
Kesgrave
Suffolk
IP5 1AA

Entry queries: Tel 01473 622045

All finishers will receive a medal.

Results will be posted on the website www.kesgravemusicfestival.com

All proceeds to St Elizabeth Hospice & East Anglian Children's Hospice



Kesgrave Music Festival
Saturday 7th August 2010
Kesgrave Community Centre

'Kesgrave 5k' Entry Form on Sunday 2nd May 2010

Forename: Surname:

Male / Female: Date of birth:

Address:
Town: County:
Postcode:

Daytime Tel Number: Home Tel Number:

Email Address:

Please tick box if you do not wish email to be used for notification of KMF updates

Amount Enclosed: £4.00 £1.00

I accept that neither the Organisers nor their helpers will become liable for any injury, loss action or claim, however occasioned, resulting from this event.

** I will run at my own risk

** As parent or guardian of any children taking part, I confirm that I understand what is involved in the event and that he/she is fit enough to take part

Signed: Date:

** delete as applicable

The course is not suitable for dogs, pushchairs, wheelchairs or cyclists