



BEACH RUN (approx 10km) Sun May 24th 2009 @ 10.00am  
SEAHOUSES BEACH, NORTHUMBERLAND  
**ENTRY FORM**

Name ..... Male  Female

Address .....

.....

.....

Postcode .....

Age on 24<sup>th</sup> May 09 .....

Daytime telephone number .....

E-mail address if applicable .....

Entry fee is £10 - if you wish to donate any more it will be very gratefully received.

**I acknowledge that I may train for and take part in, the Chin-Up Beach Run entirely at my own risk and I enclose a payment of £.....**

Signed.....Date.....

Cheques or Postal Orders only should be made payable to Chin-Up and sent with completed entry form and self-addressed, stamped envelope (to reach us no later than Saturday, 16<sup>th</sup> May 2009) to:

**Ellen Phillips  
26 Moorland Avenue  
Haltwhistle  
NE49 9ES**

Place numbers and final details will be posted out in the last ten days before the run. Please consult your bank statement for confirmation of payment. Further details can be obtained from 01434 322898 or [ejephill@live.co.uk](mailto:ejephill@live.co.uk)