

# Alton Runners and Alton Lions 10K and 5K Downland Challenge

Sunday 21st October 2018 at 10.30am

2 friendly races that's suitable for all abilities. The terrain is a mixture of grass, roads and tracks. The route starts and finishes at Anstey Park. There is also a 500m run for under 7's and 1K run for 7 to 9 year olds with entry on the day only.

Numerous prizes  
Unsuitable for wheelchairs

250 entry limit over both races  
Minimum age 10 years for 5k  
Minimum age 15 years for 10k

Registration, start and finish at Anstey Park, Alton, GU34 2NB. Parking is available nearby.

Alton Downland Challenge Entry Form  
(Postal entries close 15/10/2018)

Online entries via [www.activetrainingworld.co.uk](http://www.activetrainingworld.co.uk)  
(Online entries close 19/10/2018)

Surname.....First Name.....

Address.....

.....Post code.....

Date of Birth.....Age on Race Day.....Gender: Male /Female

Telephone.....Email.....

Club Name (If applicable).....

**DECLARATION** Please enter me for Alton 10k/5k and agree to abide by the rules. I understand that I enter the event at my own risk and that the Organisers, appointed Officials and Sponsors shall not be held for any loss, injury or damage sustained in connection with the event.

**5k – School Name (If applicable)**.....

Signature of Entrant: ..... Date.....

(Or Guardian if entrant under 16 years old)

Entry Fee:	Downland Challenge	5k	£5.00 or £7.00 for entries on the day
	Downland Challenge	10k	£11.00 or £13.00 for entries on the day

Please circle the applicable entry amount and make cheques payable to "Alton Runners Race A/c" Postal entries should be sent to:

The Race Director, 58 Wellhouse Road, Beech, Alton, GU34 4AG