

BRAMLEY IRON MUM 2010

Saturday 4 September 10am, Clift Meadow, Bramley

Entry £10

Event 1: Buns of Steel!!

Run 3km – Cycle 6km – Strength Sprint

Event 2: Abs of Iron!!

Run 6km – Cycle 12km – Strength Sprint

I would love to enter: (Select one) Buns of Steel !! Abs of Iron !!

Please find my £10 entry fee attached.

Cheques, made payable to 'Iron Mum', to be posted with completed entry form to: Bramley Iron Mum, Haldene, Bramley Lane, Bramley RG26 5AA (confirmation email receipt will be sent unless SAE enclosed). Cancellations only accepted under exceptional circumstances and at the discretion of the event organisers.

Surname First Name

Email Tel No

Address

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Postcode

T-shirt size (select one): S / M / L

I confirm that I am fit to compete and will not hold the organisers responsible for any loss or damage of property or injury to myself.

Signed

Dated.....

Any queries? Please email bramleyironmum@googlemail.com or go to www.ironmum.co.uk.