

As always parental help is vital. If you are able to help on the evening, please put your name down. No Experience necessary!

I am able/unable to help on the night (Names/s):

I have enclosed £entry fee (£3.50 for 2 events) cheques payable to Verulam SC)

**Parents Name: Tel. No :
.....**

ENTRY DEADLINE: Friday 11th June 2010 – either paper or email entries.

**Take the opportunity to achieve a personal best
And get a sprint badge**