

PROMOTED BY EREWASH VALLEY RUNNING CLUB

THE

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WWW.EVRC.CO.UK

SECOND YEAR

UNDER UK ATHLETIC RULES



WEDNESDAY 29TH JULY 2009

EVENT DETAILS: START AND FINISH ALONGSIDE THE NAVIGATION PUBLIC HOUSE, RISLEY LANE BREASTON, DERBYSHIRE (CLOSE TO M1 JUNCTION 25)

RACE DISTANCE CIRCA FOUR MILE, A FAST ROAD RACE ALSO PERFECT FOR THE FIRST TIME RUNNER. PARKING DIRECTLY OPPOSITE THE NAVIGATION PUBLIC HOUSE.

PRIZES FOR. NEW COURSE RECORDS. (MALE ROD HARRIS 21 MIN 32 SEC)
(LADIES SHARON ORRIDGE 24.46)

INDIVIDUAL. TEAM. AND VETS ALL FINISHERS TO RECEIVE RACE MUG

RACE LIMIT 150 closing date for postal entries 22.7.09

(LATE AND ON THE DAY ENTRIES SEE WEB SITE). MINIMUM AGE 16 YEARS

START TIME: 7.15 PM ENTRY FEE £6 AFFILIATED £8 UNATTACHED

ENTRY FORM

SURNAME.....FIRST NAME.....
 ADDRESS.....

PHONE NUMBER.....POSTCODE.....
 DATE OF BIRTH.....
 AGE ON 29/7/09..... MALE FEMALE (CIRCLE)

E.MAIL.....
 UKA REGISTERED CLUB.....

I AGREE TO ABIDE BY UKA RULES AND I UNDERSTAND THAT THE ORGANISERS WILL NOT BE HELD RESPONSIBLE FOR ANY INJURY, LOSS OR ILLNESS RESULTING FROM THIS EVENT AND THAT I AM MEDICALLY FIT TO PARTICIPATE.

SIGNED.....DATE.....

PLEASE INCLUDE THE FOLLOWING:

COMPLETED ENTRY FORM, CHEQUE OR POSTAL ORDER PAYABLE TO EVRC
S.A.E (A5 SIZE)

RETURN YOUR FORM TO:

B, GOODALL, 47 MOORBRIDGE LANE STAPLEFORD
NOTTINGHAM NG9 8GR. TEL: 07954167148