

PROMOTED BY EREWASH VALLEY RUNNING CLUB

THE RUN

WWW.EVRC.CO.UK



NINTH YEAR UNDER UK ATHLETIC RULES

Safety: THERE WILL BE NO PARKING ON THE LEFT FROM THE START LINE AND FOR THE FIRST 200 YARDS PLEASE OBEY MARSHALLS

WEDNESDAY 26TH JULY 2017

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 ON STREET PARKING NEAR THE NAVIGATION PUBLIC HOUSE.

**PRIZES FOR NEW COURSE RECORDS. (MALE BRUCE RAYSIDE 19 MIN. 22 SEC)
(LADIES SARAH HARRIS 22 MIN 07 SEC)**

INDIVIDUAL. TEAM AND VETS

RACE LIMIT 200

closing date for postal entries 20.7.2017

.MINIMUM AGE 16 YEARS

START TIME: 7.15 PM ENTRY FEE £5 AFFILIATED £7 UNATTACHED

£6

£8 ON THE DAY

ENTRY FORM

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

 PHONE NUMBER..... DATE OF BIRTH.....
 AGE ON 26/7/2017 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

RACE NUMBERS TO BE COLLECTED ON THE NIGHT WE WILL CONFIRM RACE NUMBER BY EMAIL OR TEXT AFTER CLOSING DATE SEE WEBSITE FOR MORE DETAILS AT WWW.EVRC

RETURN YOUR FORM TO:

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