SUTTON-IN-ASHFIELD HARRIERS & ATHLETIC CLUB

Centenary 5 Mile Trail Race

Web Site www.sutton-in-ashfield-harriers.co.uk

31st August 2008 Start time 11am

Rural Course

Start at Teversal Trails Visitor Centre,

Carnarvon Street,

Teversal,

Sutton-in-Ashfield

Entry Details

Surname Forenames	Male / Female
Address	Date of birth……. Age on day of race…….
Affiliated Club	Contact Phone No……. Mobile No…….
£5.00 Affiliated…… £7.00 Unaffiliated……..	Postal Closing date 24th August 08 Entries on the day £6.00 Affiliated £8.00 Unaffiliated

Cheques payable to SUTTON-IN-ASHFIELD HARRIERS & AC
Race entries sent to Paul Whittingham (Race Director) 3 Ascot Drive Mansfield, Nott's, NG 18 3BX.
Include a S.A.E

Declaration: Please enter me for the Centenary 5 mile trail race (Held under Nott's AAA road race rules)
I am an amateur (as defined by the UKA) and I am medically fit to run. I understand that I enter at my own risk and that the organizers cannot be held responsible for any injury or illness incurred on the day or as a result of the race. Also they will not be responsible for any property lost or damaged on the course/in the changing rooms or the car parks. In the interest of safety no headphones or ipods allowed to be worn by any competitor. Any body found wearing them during the race will be disqualified and no prize or time will be awarded

Signed _____ Date _____.