

Hellhole 10km Multi-Terrain



and 3km Fun Run

PERMIT No 10375

www.derwentside-ac.co.uk

Sunday 19 October 2008

10k multi-terrain on country roads, public footpaths and passing through Hellhole Wood
* Fun run at 10.00am * 10km race at 11.00am

Race HQ, Tanfield School Specialist College, Tanfield Lea Road, Stanley, DH9 8AY
SHOWERS, CHANGING FACILITIES, REFRESHMENTS
AND AMPLE FREE PARKING



Memento for all finishers
INDIVIDUAL, VET AND TEAM PRIZES

Entry Fees: Fun Run £3 (age 8-17) £5 adults
10km race £8.00 attached; £10 unattached

Entry on the day £2.00 extra

Closing date for postal entries: 6 October, 2008

Please make cheques payable to Derwentside AC

(include a 9" x 6" SAE) to:

Derwentside AC, c/o Carol Greenwood, Oxford House, Catchgate,
Stanley, Co Durham, DH9 8EZ



Please enter me for the 2008 Derwentside Fun Run Hellhole 10k Race

Surname: Forename:

Address:

Postcode: Telephone Number:

Date of Birth: Age on 19 October:

Male/female:email address:

Name of UKA Affiliated Club (if applicable).....

England Athletics Membership No.....

Please note: Competitors must be 16 years or over to enter the 10km race

Declaration: I am an amateur as defined by UKA Rules and agree to abide by their laws and rules. I am medically fit to run and understand that I participate entirely at my own risk. I will in no way hold the organisers responsible for any injury or illness to my person during or as a result of the event, or for any property lost on the course, clothes area or in the vicinity of the event.

Signature: Date:

Countersigned by Parent/Guardian if under 18