



Sunday 19th January 2014 at 11am

9 mile multi-terrain race, trails & fields, 90% off-road. 120m ascent. May be very wet and muddy.

Course: From Thornbury to Oldbury Church, Severn Riverbank and Littleton, returning near Golf Course to Mundy Playing Fields, Thornbury. Cut-off time 2 hours.

Registration: Mundy Playing Fields near centre of Thornbury. Changing facilities, showers and bag storage are available. Parking in Thornbury town centre. Minimum Age: 17

FEES: Affiliated: £8, Unaffiliated: £10,

Enter online at www.Fabian4.co.uk , NO ENTRY ON RACE DAY

OR send entry forms plus **SAE** to Entries Secretary (Rollick), Sweatshop, David Lloyd Leisure Club, Greystoke Avenue, Westbury-on-Trym, Bristol, BS10 6AZ.

Cheques payable to **THORNBURY RUNNING CLUB**.

Last date for postal entries: 13th January 2014 or when race full. Limit 400.

Prizes: First 3 overall, First Veteran categories. Team Prizes (men: 4 to score, women: 3 to score).

Under ARC (Association of Running Clubs) Rules, Permit number ARC 14/21

Enquiries: Steve Dimond – dimond.steve@gmail.com 01454 413850

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More race information at www.thornburyrunningclub.co.uk

Please complete clearly in Block Capitals

RIVERB/2014

Surname:	Forename:	
Address:		
Postcode:	Tel no:	
e-mail address:		
Date of birth:	Age on day:	Sex: M / F
Club:	UKA or ARC Affiliated: Yes / No	

Please tick box if you do not wish your contact details to be passed to race sponsors

Declaration: I declare that I will abide by the rules of the Association of Running Clubs (ARC) and enter entirely at my own risk. I do NOT hold the organisers responsible for any injury, loss or damage I may sustain in the course of or in connection with this event.

Signed _____

Date _____