



Sunday 18th January 2015 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. Minimum age 17.

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

Enter online at www.Fabian4.co.uk

OR send entry forms to S.Dimond, East End House, Grovesend Road, Thornbury, Bristol, BS35 2HB
Cheques payable to Thornbury Running Club.

Last date for postal entries: 12th January 2015 or when race full. Limit 400.

No entry on Race day. Collect Numbers on Race day at HQ.

Prizes: First 3 overall (M and F), First Veterans 40, 45, 50, 55, 60, 65 and 70,
Team Prizes (men: 4 to score, women: 3 to score).

Race HQ/Number Collection: Mundy Playing Fields near centre of Thornbury. Changing facilities, showers and bag storage are available. Parking in Thornbury town centre.

Under ARC (Association of Running Clubs) Rules, Permit number ARC 15/027

More race information at www.thornburyrunningclub.co.uk

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

Please complete clearly in Block Capitals. Attach Cheque payable to Thornbury Running Club

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 Sweatshop

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 _____

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