

ALLENDALE 8 + Fun Run

Saturday 30 May 2009 at 2pm

An 8mile Road Race under ARC Rules.
(Minimum age 16 years on day of Race)

Held in conjunction with Allendale Village Fair - Bring the whole family for a great day out

START & FINISH

Allendale Village, Market Square

ROUTE

On SCENIC public country roads in an Area of Outstanding Natural Beauty. Undulating.

CHANGING & PARKING

Limited changing. Secure baggage area provided.

Ample parking less than 1/2 mile from start. Park & Ride available

Follow signs to car park - Please do NOT travel through the Village

AWARDS

Male, Female, Teams & Veteran prizes (No runner may claim more than one individual prize)

FIRST LOCAL MAN & WOMAN

T-shirt to all finishers. Lucky dips incl DVD player.

ENTRY FEE (£1 of the entry fee donated to support a local charity)

UKA £9.00, Unattached £11.00

Cheques payable to Allen Valley Striders

CLOSING DATE (for postal entries)

24 May 2008

ENTRIES ON DAY

Will be taken at Allendale Start + £1.50. Eligible for prizes

ENTRIES TO

Brendon Jackson, 3 Shield Street

Allendale, Hexham NE47 9BP

allenvstriders@aol.com

01434 618 528

www.allenvalleystriders.co.uk

Collect number on the day at registration (St Cuthbert's Church Hall)

Allen Valley Striders



1 Mile Junior FUN RUN
£1 entry fee 1:30pm start
Enter on the day

ALLENDALE 8 - Entry Form

BLOCK LETTERS PLEASE

Surname

First Name

Address

Date of Birth (dd/mm/yy)

UKA Club

Tick applicable Male

Female

UKA Reg. No.

Age on day of Race

Entry fee UKA - £9.00

Unattached Entry Fee - £11.00

Cheques payable to ALLEN VALLEY STRIDERS

I AM MEDICALLY FIT TO RUN AND TAKE PART AT MY OWN RISK. I UNDERSTAND THE ORGANISERS WILL IN NO WAY BE HELD RESPONSIBLE FOR ANY INJURY, ILLNESS OR LOSS OF PROPERTY.

SIGNED