

ALLENDALE FAIR 8 AND FUN RUN 2010

Please complete the form below and send with entry fee to:

Allen Valley Striders
3 Shield Street
Allendale
Hexham
NE47 9BP

Closing date for postal entries: Saturday 29 May 2010

Entry Fee (Please also check that correct postage is used)

Fun Run (entry on the day only)	£2
8mile Road race	£10
UKA Club Runners	£12
Unattached	£12

You can download entry forms, view race details and race results at www.allenvalleystriders.co.uk

Cheques made payable to "Allen Valley Striders"

Note: Entries on the day will be charged £1 extra and are eligible for prizes.

Collect your number at registration on the day of the race.

Race numbers are NOT posted

First Name	Surname	M/F
Date of Birth	Age on Date of Race	
Home Address		
Post Code	Telephone Number	
Name of Club or state if unattached	UK Athletics Number	
T-Shirt size (please circle appropriate size) S M L XL		

I understand that this race is held in accordance with both the rules and safety requirements of ARC. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in road running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or personal property arising out of my participation in this race

Signed Date