



City of Sheffield Athletic
Club

(www.sheffieldathletics.co.uk)
Under U.K.A rules (permit no)



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ROTHER VALLEY TRAIL RUN

(APPROX 6 MILES)

On 13 October 2007 at 11.00am

Sponsored
by



in ROTHER VALLEY COUNTRY PARK, WALES, NEAR SHEFFIELD (just off M1 exits 30 or 31)

\ challenging and scenic run within the park, taking in the trails through the woods, nature reserve and around the lakes.
\ real fitness tester!

UNSUITABLE FOR WHEELCHAIRS AND PUSHCHAIRS

MOMENTO TO ALL FINISHERS

Minimum age 15 years on the date of competition.

Entry - £7 Affiliated / £9.00 Unattached (includes £1 per entry to Bluebell Wood Hospice)

Closing date for postal entries 6 October 2007

Entries on the day are £8 Affiliated / £10.00 Unattached and close at 10.30am prompt. Please note that there are usually delays in getting access to the car park so arrive early.

Enquiries: Helen Elleker 07979 348530

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OFFICIAL ENTRY FORM (may be photocopied)

Surname (block capitals)..... First name.....
Address..... Club name if affiliated.....
..... UK Registration No.....
Post code Age on race day.....
Contact Phone No..... Sex: Male / Female.....
Enclosed cheque for £..... E mail address.....

DECLARATION

I wish to enter the Rother Valley Trail Run and hereby declare that I am an amateur as defined by U.K.A laws, I am aged 15 years or over on the race day and certify that I am medically fit to run. Furthermore, I agree that the organisers will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event

Signed _____

Date _____

Cheques payable to City of Sheffield AC

Entries with a 9" x 6" (A5) Stamped Addressed Envelope please to: 54 Stradbroke Drive, S13 8SD

From www.race-results.co.uk