

RUN IN THE FOREST 5 MILES

SUNDAY 17th APRIL 2016

ORGANISED BY- SOUTH DERBYSHIRE ROAD RUNNERS

VENUE- Conkers Waterside Centre, Rawdon Road (B586),
Moira, DE12 6GA

Part of the BURTON AND DISTRICT SUMMER LEAGUE

Licence No 2016-22730

FUN RUN 1 MILE: START AT 09.45AM

Race Fee: £2

Under 9's must be accompanied by an adult

Medal for Fun Run finishers

MAIN RACE: START AT 10.30AM

Minimum age: 15 years on race day

Race Limit of 300 runners to ensure safety on the course

Race Fee: £8 in advance for affiliated club members

£10 in advance for non-affiliated

All entries on the day £2 in addition to the above cost

Online entries via Run Britain- www.runbritain.com

Age Category Prizes & Spot Prizes

Advance entries should be sent to "Run in the Forest" c/o Sandstones, Coal Lane,
Hartshorne, DE11 7BF using the entry form below with a cheque made payable to SDRR for
the requisite amount.

Closing date for advance entries 9th April 2016

Collection of numbers for pre-entries available on the day between 08.45 and 10.00.

On the day entries also available between these times.

ENTRY FORM

RUN IN THE FOREST ☐

FUN RUN ☐

Forename _____ Surname _____

Date of Birth _____ Gender (please circle) MALE/ FEMALE

Address _____

E-mail Address _____

Name of affiliated club (if applicable) _____

Entry Fee (enclosed) _____

I declare that I am medically fit and capable of completing this event, and undersand that I enter at my own risk. I accept that the organisation will not be liable for any injury, loss or damage resulting from my paticipation in this event. I also understand that the use of MP3 players and similar equipment is not allowed for health and safety reasons and any runner using such equipment will be disqualified.

SIGNED _____ DATE _____