



Organised by South Derbyshire Road Runners Licence No 2017-27161  
\*\*FORMING PART OF THE BSDL LEAGUE\*\*

# Run in the Forest 5 miles – 9<sup>th</sup> April 2017

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



Search 'Run in the Forest 5 mile race' on Facebook and join our group for race updates

Visit [www.sdrr.co.uk](http://www.sdrr.co.uk)

for updates and results

**Start time 10:45am**

Minimum age: 15yrs on race day

Race limit 300 runners to ensure safety on course

**Race fee: £8 in advance for affiliated club members, £10 in advance for non-affiliated (Entries on the day £2 addition to above cost)**

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.

Online entries via Run Britain  
[www.runbritain.com](http://www.runbritain.com)  
Age category prizes & spot prizes

Collection of all numbers available on the day at the above address between 08:45 to 10:00

Closing date for entries  
Postal 1<sup>st</sup> April 2017  
Online 7<sup>th</sup> April 2017

## ENTRY FORM

Forename \_\_\_\_\_ Surname \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender (please circle) MALE/FEMALE

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Email \_\_\_\_\_ Name of affiliated Club \_\_\_\_\_

Entry fee enclosed £ \_\_\_\_\_

I declare that I am medically fit and capable of completing this event, and understand 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 participation 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.