

EAST CORNWALL

THE FIVE TORS MOORLAND RACE

UKA Licence No: 10386



**An 10mile (approx) Cross-moorland Race
from Minions near Liskeard, Cornwall**

To be held on

Sunday March 21st 2010

at

10.30am

Race Awards: First three male
 First three female
 Vets (Male/Female): First over 45, 50, 60
 Nick Stone Memorial Trophy (First Local Male)
 Bill Muller Trophy (First Local Female)

Parking: Parking is limited. Please use the public car parks. You will be guided to these. Please do not park in front of private property, at the shop, pub or café.

The 5 Tors Moorland Race



(UK Athletics Race Licence No: 10386)

ENTRY FORM

Entry fee: £10 (with England Athletics competition number)

£12 (non EA licence holder) Entry on the day £12/£14

Cheque payable to "East Cornwall Harriers"

To: Ian Ringer. 12 Meadow Breeze, Lostwithiel, PL22 0BJ

NAME.....DOB.....

ADDRESS.....

.....POST CODE.....

TEL No:.....EMAIL.....

MALE/FEMALE Age:..... CLUB.....

England Athletics Competition number.....

Closing date for postal entries: March 14th 2010

Please enclose an A5 stamped, addressed envelope for information sheet.

Please note that this race takes place over uneven, rocky ground. The course is marked but is over open moorland. There may be very inclement weather conditions, including fog. Please do not take part unless you are competent to deal with these conditions.

- I accept that the organisers will not be liable for any loss, damage action claim, costs or expenses which may arise as a consequence of participation in this event. I declare that I will not compete in this race unless I am in good health on the day and, in any event, will only compete at my own risk. I agree to abide by UK Athletic rules. I am aged 18 or over on the day of the race.

Signed.....Date.....

DATA PROTECTION: The information provided by you on this form will be used solely for the purpose of race results and identification for health and safety purposes. The information will be available to members of the results team and appropriate race officials and will not be passed to any other person or agency.