

Allendale 8 & Fun Run

(held in conjunction with the Allendale Fair)
Bring the whole family for a great day out

Saturday 4 June 2011

A scenic 7.7mile course through an area of outstanding natural beauty
Undulating. Suitable for all runners

Plus a junior 1mile fun run at 1pm (Goody bag included)

Main Race 2pm



Registration: St Cuthbert's Church Hall from 12 noon
Start and Finish: Allendale Village Market Square
Presentation: St Cuthbert's Church Garden

Awards: Open Male, Open Female, Team and Veteran
(no runner may claim more than one individual prize)
First local man & woman

Commemorative technical T-shirt (RRP £9.99)
for all main race all entrants

Parking: Ample parking about 1/2 mile from start. Park and Ride available
Follow signs to the car park - **Please do NOT travel through the village**

Facilities: Limited changing Secure baggage area provided

Contact: Brendon Jackson (allenvstriders@aol.com)
Or visit www.allenvalleystriders.co.uk
Permit Number Pending (Held under ARC Rules)

ALLENDALE FAIR 8 AND FUN RUN 2011

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 28 May 2011

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	

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