



THE EIGHTH PORTISHEAD MULTI-TERRAIN EVENT

26TH SEPTEMBER 2010

UKA RACE PERMIT APPLIED FOR



DETAILS

Portishead Running Club are pleased to announce the running of the eighth Multi-Terrain Run and Family Fun Run event, held at the Portishead Lake Grounds.

The Multi-Terrain Runs are open to all (13 years and older for the 5k, 15 years and older for the 10k), and start at 10.30 am. The course is designed to be within the capabilities of any normal fit runner or jogger. Both courses use sections of tarmac road, woodland and coastal paths in and around the Portishead Lake Grounds. Time limit 90 minutes. Remember the aim is to participate, to enjoy and to finish the course. If necessary walk the hard bits, others will!

The Family Fun Run will be a course around the cricket ground avoiding all roads and hazards, making it ideal for children, Mums and Dads! It starts at 10.15 am.

ENTRY

Affiliated £7.00, non-affiliated £9.00, entry on the day +£1.00, on-line entry +£1.50
Fun run £2.00 - on the day only

Due to limits imposed by the organisers entries on the day must be made before 10am. Registration will be open at the Cricket Pavilion on the Lake Grounds from 9am to 10am - first come first served! Due to the nature of the course, it is not suitable for wheelchairs or runners with dogs.

Please try to register for the Multi Terrain Run prior to the day. Numbers will be posted out in the second half of August. Numbers for entries received after September 13th will be available for collection on the day.

MULTI-TERRAIN RUN ENTRY FORM

Race entered 5k 10k

Surname _____

First name _____

Address _____

Contact No. _____

Post code _____

Affiliated Club _____

E-mail _____

Gender: Male / Female Date of birth ___/___/____ Age on Day of Race _____

DECLARATION

I agree to abide by all applicable laws and rules. My participation in the Multi-Terrain Race is entirely at my own risk. I agree that the organisers and sponsors will not be held responsible for any injury, illness, loss or damage to me, or my property, which I may sustain in the course of or because of taking part in the event.

This information will be stored on computer for entries and results processing purposes only.

Signed: _____ Date: ___/___/____

I enclose a **large stamped SAE** and cheque (payable to **Portishead Running Club**) to the value of £ _____