

Allendale Fair 10km Multi-terrain Race

Please complete the form below and send with entry fee to:

Allen Valley Striders
3 Shield Street
Allendale
Hexham
NE47 9BP

For office use only

Closing date for postal entries:

Saturday 18 May 2019

Entry Fee (Please also check that correct postage is used)

£7.00

On the Day

£8.00

You can download entry forms, view race details and race results at www.allenvalleystriders.co.uk

ONLINE ENTRY: <http://www.race-results.co.uk/results/2019/>

Cheques made payable to "Allen Valley Striders"

Note: Collect your number at registration on the day of the race.

Race numbers are NOT posted

PLEASE FOLLOW THE COUNTRY CODE

SHUT ALL GATES, KEEP TO THE PATHS, LEAVE NO LITTER ETC. NO DOGS ALLOWED. MP3 players, ipods and the like are strictly forbidden

First Name	Surname	M/F
Date of Birth	Age on Date of Race (minimum age 16 years old)	
Home Address		
Post Code	Telephone Number	
Name of Club (or state if unattached)	E-mail Address	
Car Registration Number		
Emergency contact name & number		

I understand that this race is held in accordance, and that I have familiarised myself, with both the rules and safety requirements of the FRA. I confirm that I am older than 18 years old and aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in multi-terrain 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