

Forest of Dean Athletic Club



Mallards Pike 5 Mile

Multi Terrain Event & family fun run around the lake

Wednesday 16th June 2010 - Start 7.30pm

Start and finish at Mallards Pike

5 Mile Event: £6.00/£8.00 (attached/unattached)

Minimum age of 15 (on race day) for 5 mile event

Fun run around the lake - £2.00 for kids - £6.00/£8.00 adults

Young runners will need to be accompanied by an adult please.

Adults accompanying their children pay no entry fee

Enquiries to Pete Compton 07889189523 or email: pete.compton@hotmail.co.uk

7.00pm - Fun run - 1 lap

(U9 race will start 10m forward of the fun run)

7.15pm - U11 race - 1 lap

7.30pm - 5 Mile Event

7.35pm - U13/ U15 race - 2 laps

8.30pm - Prize giving ceremony

Please complete the below form and return, along with an S.A.E and payment, to:

4 Whitechapel Road, Bream, Lydney, Glos. GL15 6LR - Cheques to be made payable to "FODAC"

ENTRY FORM

Surname _____ Date of Birth _____

First Name _____ Age on Race Day _____

Club _____ Sex M / F

Category U9 U11 U13 U15 Senior Vet (over 40)
(please circle)

Address _____

Postcode _____ Tel. No. _____

Signed _____ Date _____