

# Forest of Dean Athletic Club



## Christmas Tree Race

5 mile Multi Terrain Run  
with special class for Canicross Trailrunners

**Sunday 19th December 2010**

Start and finish at Ellwood Football Club  
Bromley Road, Ellwood, Nr Sling, Coleford, GL16 7LY

**10.20am - Canicross Event**

**10.30am - 5 Mile Run**

Showers, refreshments and bar.

5 Mile Event: £7.00/£9.00 (attached/unattached)

£1 extra if paying on the day

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

**For more information visit FODAC website [www.fodac.org.uk](http://www.fodac.org.uk)**

UKA Licence 2010-101026

Please complete the below form and return, along with an S.A.E and payment, to:  
Anne Nixon, Hen Dafarn, Manson Cross, Monmouth NP25 5RE - Cheques to be made payable to "FODAC"

**ENTRY FORM**

Surname \_\_\_\_\_ Date of Birth \_\_\_\_\_

First Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Club \_\_\_\_\_ Sex M / F

Dog Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_ Tel. No. \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_