



Forest of Dean Athletic Club

Christmas Tree Race
a 5 Mile Multi Terrain Event
Sunday 13th December 2009
Time: 10.30am



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

Showers, refreshments and bar available.
ENTRY FEE: £6.00/£8.00(attached/unattached)
£1 extra on the day
Minimum age on day 15

No dogs on course but allowed on lead at event centre.

Cheques should be made payable to "F.O.D.A.C" and sent (with A5 9"x 6" s.a.e.) to:-
Ann Nixon, Hen Dafarn, Manson Cross, Monmouth NP25 5RE. Tel.No. 01600 714386.

For more entry forms or info visit the Fodac web site at www.fodac.org.uk

ENTRY FORM

Surname _____ Date of Birth _____
First Name _____ Age on Race Day _____
Club _____ Sex M/F _____
Address _____

Postcode _____ Tel. No. _____
Signed _____ Date _____

Please enter me for the above race. I accept that the organizers shall not be liable for any injury or illness to my person as a result of taking part nor for any loss of property. I am medically fit.
