

# Forest of Dean Athletic Club



Mallards Pike 5 Mile Multi  
Terrain Event  
and  
family fun run around the lake  
Wednesday 17<sup>th</sup> June 2009  
Start 7.30pm  
Entry on the day



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Start and finish at Mallards Pike

There is a forestry commission parking charge of £3 so you may wish to share cars

ENTRY FEE: £6.00/£8.00(attached/unattached) for 5 mile event  
£2 for fun run

Minimum age on day 15

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

Enquiries to Carol Jones 01594 827807

## 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.

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