

Forest of Dean Athletic Club



Mallards Pike 5 Mile Multi
Terrain Event
and
family fun run around the lake
Wednesday 16th June 2010
Start 7.00pm
Entry on the day



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
Minimum age on day 15 for 5 mile event

£2 for fun run around the lake – young runners will need to be accompanied by an adult please.

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

Enquiries to Pete Compton 07889189523

email: pete.compton@hotmail.co.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.
