

Wholan Nook 5 miles Trail Race

Clowbridge Reservoir

Wednesday 17th May 2017 at 7pm

Under ARC Rules. RACE LIMIT - 500 RUNNERS

Entry on the day only fee: £5.00.

Age Limit: Male & Female 15 years & over



Please enter me for the Wholan Nook Trail Race. I am medically fit and I understand that I enter at my own risk. I will not hold the organisers or any sponsors of the race, responsible in anyway for any injury I may have during or as a result of this race or for any property I may lose or have stolen on the course or in the start/finish areas.

Signed

PLEASE USE BLOCK CAPITALS Surname First Name

Address

Post Code Telephone DOB -- / -- / -- Age on race day.....

Vet Category: Gender: MALE/FEMALE Club