



Thursday 7th July 2011, 7.30pm

Come and run in an accurately-measured 10km road race along the quiet country lanes of Berkeley Vale. (Under ARC Rules, ARC permit applied for.)

Registration, changing, hot showers & post-race bar: Thornbury Rugby Club, Rockhampton Road, Newton, Thornbury BS35 1LG. Plenty of off-road parking.

Course: scenic and undulating, kilometre markers. The race is organised as part of Thornbury Carnival week.

Entries: UKA/ARC affiliated £5, unaffiliated £7, extra £1 on the night for both. Minimum age:15 yrs. Advance entries plus SAE to Entries Secretary (Carnival), Sweatshop, David Lloyd Leisure Club, Greystoke Avenue, Westbury-on-Trym, Bristol, BS10 6AZ. Cheques payable to THORNBURY RUNNING CLUB. Last date for postal entries: 1st July. (Postal entries received after June 24 must collect numbers on the night.) Entries to a limit of 300 runners (118 runners in 2010).

Telephone enquiries: Jan Burke 0117 950 9235 or Gareth Thomas 01454 269160

Email: gareth.thomas@rosings.eclipse.co.uk More information & results at thornburyrunningclub.co.uk

Prizes: Awards in all Vet categories. Sweatshop £5 vouchers for all entrants.

Please complete clearly in Block Capitals

CARNIVAL/2011

Surname:		Forename:	
Address:			
Postcode:		Tel no:	
e-mail address:			
Date of birth:		Age on day:	Sex: M / F
Club:		UKA or ARC Affiliated: Yes / No	

Please tick box if you do not wish details stored on computer for results service to be passed to race sponsors.

Declaration: I declare that I will abide by the rules of the Association of Running Clubs (ARC) and enter entirely at my own risk. I do NOT hold the organisers responsible for any injury, loss or damage I may sustain in the course of or in connection with this event.

Signed _____

Date _____