



Sunday 2nd October 2011 – 10.30am

Information Sheet to be kept

The event takes place at Oldbury Power Station situated on the banks of the River Severn near Thornbury, north of Bristol, Postcode BS35 1RQ. Info & results on www.thornburyrunningclub.co.uk

Race held under ARC Rules

Includes the Avon Championship

Please see the below requirements we are placed under by the Power Station so we can hold our event:

- PRE-ENTRIES only
- Closing date Saturday 24th September 2011.
- No number switching
- Start and finish at the Power Station
- Refund (less £1) if cancellation received before cut off date
- Limited parking in field approx 200m from Power Station – please share transport where possible
- There is CCTV surveillance at all times when on Power Station property
- Your details & bags may be checked by the Police for security purposes



Entry Information

On-line entries at www.fabian4.co.uk

Postal entries: cheques payable to: Thornbury Running Club

FEES: UKA/ARC affiliated £8, unaffiliated £10 (No entry on the day)

Entries with SAE to
Entries Secretary (OPS10)
Sweatshop
David Lloyd Leisure
Greystoke Ave
Westbury-On-Trym
Bristol
BS10 6AZ

Telephone Enquiries: Jan Burke 0117-950-9235 or John Watt 0777-874-9036

Email enquiries: johnwatt@x-presslegal.co.uk



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Includes the Avon Championship

- Fast, flat, accurately measured figure-of-eight course on quiet country roads & lanes
- Changing facilities and bag storage - unfortunately no showers
- Awards to first 6 men and first 6 women. Veteran prizes in five year categories
- Team prizes to 1st & 2nd male team (4) Team prizes to 1st & 2nd female team (3)
- Start and finish at the Power Station
- Minimum age for entry 17 years
- Unsuitable for wheelchair users due to the narrow lanes
- PRE-ENTRIES close Saturday 24th September 2011. No number switching
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- Limited parking in field approx 200m from Power Station – please share transport where possible
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- Your details & bags may be checked by the Police for security purposes

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On-line entries at www.fabian4.co.uk



Please complete clearly in Block Capitals

OPS10/2011

Surname:		Forename:	
Address:			
Postcode:		Tel no:	
e-mail address:			
Date of birth:		Age on day (Minimum 17)	Sex: M / F
Club:		UKA or ARC Affiliated: Yes / No	
I wish to enter Avon Championships (you must reside or have been born in Avon area)		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. (http://www.runningclubs.org.uk/ARC_rules.pdf)

Signed _____

Date _____