



Thursday 12th July 2012, 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 12/178.)

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

FEES: Attached: £6, Unattached: £8, £1 extra on the night. Minimum Age: 15

Enter online at Fabian4 (cheapest option, no stamps required), or send entry forms plus **SAE** to Entries Secretary (Sundayshill), Sweatshop, David Lloyd Leisure Club, Greystoke Avenue, Westbury-on-Trym, Bristol, BS10 6AZ. Cheques payable to **THORNBURY RUNNING CLUB**. Last date for postal entries: Saturday 7th July.

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

Sundayshill/2012

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 the box if you do **not** wish your contact details 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 _____