



Sunday 29th September 2013 – 10.30am

Information Sheet to be kept

The event starts and finishes 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

Held under ARC Rules: Permit applied-for

Includes the Avon Championship

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

- Entries accepted on the day (£1 extra)
- Closing date for postal entries Saturday 21st September 2013
- No number switching
- Refund (less £1) if cancellation received before 21st September 2013
- 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 £10, unaffiliated £12

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: homfc@hotmail.co.uk



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- Fast, flat, accurately measured figure-of-eight course on quiet country roads & lanes
- Entries accepted on the day (£1 extra)
- 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)
- Minimum age for entry 17 years
- Unsuitable for wheelchair users due to the narrow lanes
- Postal entries close Saturday 21st September 2013. No number switching
- 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

FEES: UKA/ARC affiliated £10, unaffiliated £12

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



Please complete clearly in Block Capitals

OPS10/2013

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 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. (http://www.runningclubs.org.uk/ARC_rules.pdf)

Signed _____

Date _____