# **ALLENDALE 8**

## Saturday 2 June 2007 at 2pm

A 8 mile Road Race under UK: Athletics & ARC Rules. Arc Permit 07/7.

(Minimum age 16 years on day of Race)

Held in conjunction with Allendale Village Fair - Bring the whole family for a great day out

#### **START & FINISH**

Allendale Village, Market Square

#### ROUTE

On SCENIC public country roads in an Area of Outstanding Natural Beauty. Undulating.

#### **CHANGING & PARKING**

Changing facilites available

Ample parking less than 1/2 mile to start. Park and Ride also available

Follow signs to car park - Please do NOT travel through the Village

#### AWARDS

Male, Female, Teams & Veteran prizes No runner may claim more than one individual prize FIRST LOCAL MAN & WOMAN

Commemorative award to all finishers.

#### ENTRY FEE

UKA £8.00, Unattached £10.00

Cheques payable to Allen Valley Striders

### **CLOSING DATE (for postal entries)**

26 May 2007

#### **ENTRIES ON DAY**

Will be taken at Allendale Start +£1.00. Eligible for prizes

#### **ENTRIES TO**

Brendon Jackson, 3 Shield Street Allendale, Hexham NE47 9BP. CONTACT: allenvstriders@aol.com OR 01434 618 528

#### SAE required

Please send 9x5 SAE.

ALLE	NDALE 8 - Entry	Form <b>BLC</b>	OCK LETTERS	PLEASE
Surname		First Name		
Address				
Date of Birth (dd/mm/yy	<i></i>	ARC/UKA Club		
Tick applicable	Male	Female	ARC/UKA Reg. N	0
Age on day of Race				
Entry fee UKA - £8.00		Unattached Entry Fee - £10.00		
	Cheques pay	able to ALLEN VAL	LEY STRIDERS	

I AM MEDICALLY FIT TO RUN AND TAKE PART AT MY OWN RISK. I UNDERSTAND THE ORGANISERS WILL IN NO WAY BE HELD RESPONSIBLE FOR ANY INJURY, ILLNESS OR LOSS OF PROPERTY.

SIGNED

Allen Valley Striders Running

