

Allendale Fair

10km Multi Terrain Race

(held in conjunction with the Allendale Fair)

Bring the whole family for a great day out

Saturday, 25 May 2019

Main race - 11am

Children's 1 mile fun run 10:30am

A scenic 10km course through an area of outstanding natural beauty Undulating. Suitable for all runners

Allen Valley Striders



Registration: St Cuthberts Church Hall from 9am

Start & Finish: Lonkley Terrace/Shilburn Road

Presentation: Market Square (12:30pm)

Awards: Open Male, Open Female, Veteran and Team (time based)
(no runner may claim more than one individual prize)

First local man & woman. LUCK DIP prizes

Parking: Ample parking

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

Facilities: Limited changing Secure baggage area provided

Contact: Brendon Jackson (allenvalleystriders@hotmail.com)

Or visit www.allenvalleystriders.co.uk

The organisers reserve the right to cancel the race in the event of exceptionally weather which could prejudice the safety of the competitors. **NO dogs allowed.**

FRA safety conditions will apply. Over 16 only for main race. **MP3 players, ipods and the like are strictly forbidden** and will result in immediate removal from the race and disqualification. Runners should be suitably prepared for changeable and conditions. Competitors must be prepared to accept these requirements as a condition of race entry. <http://fellrunner.org.uk/>