



City of Sheffield Athletic
Club

(www.sheffieldathletics.co.uk)

Under U.K.A rules (permit no)



City of Sheffield Athletic
Club

(www.sheffieldathletics.co.uk)

Under U.K.A rules



ROTHER VALLEY TRAIL RUN (APPROX 6 MILES)

On 13 October 2007 at 11.00am

Sponsored
by



**n ROTHER VALLEY COUNTRY PARK, WALES, NEAR
SHEFFIELD** (just off M1 exits 30 or 31)

\ challenging and scenic run within the park, taking in the trails through the
woods, nature reserve and around the lakes.
\ real fitness tester!

UNSUITABLE FOR WHEELCHAIRS AND PUSHCHAIRS

MOMENTO TO ALL FINISHERS

Minimum age 15 years on the date of competition.

Entry - £7 Affiliated / £9.00 Unattached (includes £1 per entry to
Bluebell Wood Hospice)

Closing date for postal entries 6 October 2007

**Entries on the day are £8 Affiliated / £10.00 Unattached and close
at 10.30am prompt. Please note that there are usually delays in
getting access to the car park so arrive early.**

Enquiries: Helen Elleker 07979 348530



ROTHER VALLEY TRAIL RUN (APPROX 6 MILES)

On 13 October 2007 at 11.00am

OFFICIAL ENTRY FORM (may be photocopied)

Surname (block capitals)..... First name.....

Address..... Club name if
affiliated.....

..... UK Registration No.....

Post code Age on race day.....

Contact Phone No..... Sex: Male / Female.....

Enclosed cheque for £..... E mail
address.....

DECLARATION

I wish to enter the Rother Valley Trail Run and hereby declare that I am an amateur as
defined by U.K.A laws, I am aged 15 years or over on the race day and certify that I am
medically fit to run. Furthermore, I agree that the organisers will in no way be held
responsible for any injury or illness incurred to my person during or as a result of the event

Signed _____

Date _____

Cheques payable to City of Sheffield AC

**Entries with a 9" x 6" (A5) Stamped Addressed Envelope please
to: 54 Stradbroke Drive, S13 8SD**

From www.race-results.co.uk