



The Third Adderbury Half & other running events on 10th July 2010

ENTRY FORM

The Three Spires Challenge Fun Run

The Adderbury Running Club (ARC) cordially invites you to participate in our third event.

By entering for an ARC event and signing this form you are acknowledging that:

1. You are fit, in good health and are aware that most of the course will be off-road along foot paths, bridleways and tow paths. The course is in places considered to be challenging and participants will have to climb over stiles. As a consequence the event is not suitable for anyone in wheel-chairs. Distance is approx ½ Marathon or 10k.
2. You are entering entirely at your own risk and accept that ARC, its sponsors and all other participants, including volunteers acting as marshals or in other capacities, will not be liable for any injury or loss, damages, claims, actions, expenses or compensation.
3. You have read the Adderbury Half Marathon Event Day Rules and Participants' Information Sheet available on the ARC website www.AdderburyRunningClub.co.uk
4. You give us permission to use your email address to keep you informed on Fun Run details. If you choose not to give your email address, the onus lies with you to check our website for any relevant communications.

Surname:	First name:
Gender (M/F):	Date of Birth:
Address:	
Postcode:	Home phone:
Work phone:	Mobile phone:
Email:	

I wish to enter the (please tick one):

Half "Marathon" Run £15 (must be 18 or older) <input type="checkbox"/>	"10k" Run £12 (must be 15 or older) <input type="checkbox"/>	Kids' Runs £5 <input type="checkbox"/> (must be 4 - 14 years old)
Half "Marathon" Walk £15 (must be 18 or older) <input type="checkbox"/>	UK / England Athletics Running Number if registered or leave blank	<div style="border: 1px solid black; width: 100%; height: 20px;"></div>

- If you would rather not pay online, please make your cheque payable to Adderbury Running Club and hand your entry form plus cheque in a sealed envelop to Taste Buds in Adderbury or mail to Adderbury Running Club, Billings, Horn Hill Road, Adderbury, Banbury, OX17 3EW. (Deduct £2.00 if you can quote an UK Athletics Running Number.)
- If you have a family member or friend who is prepared to act as volunteer / marshal please indicate

Name of Volunteer / Marshal Phone email

Parents' name & consent (for all aged 17 or less)

Run Day Emergency Contact: Name Phone