



# The Fourth Adderbury Half & other running events on 9<sup>th</sup> July 2011

## ENTRY FORM

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## The Three Spires Challenge Fun Run

The Adderbury Running Club ( ARC ) cordially invites you to participate in our fourth 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](http://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. Only item to be mailed is running number.

|               |                |                |  |
|---------------|----------------|----------------|--|
| Last name:    |                | First name:    |  |
| Gender (M/F): | Date of Birth: | T-shirt size*: |  |
| Address:      |                |                |  |
|               |                |                |  |
| Postcode:     |                | Home phone:    |  |
| Work phone:   |                | Mobile phone:  |  |
| Email:        |                |                |  |

\* T-shirt sizes: Adults – S, M, L, XL; Junior – 4-6, 7-8, 9-12, 13-14 (choose best size for child)

I wish to enter the (please tick one):

|   |   |  |
|---|---|--|
| “Half Marathon” <b>Run</b> £15<br>(must be 18 or older) <input type="checkbox"/>  | “10k” Run £12<br>(must be 15 or older) <input type="checkbox"/>       | Kids’ Runs £5 <input type="checkbox"/><br>(must be 4 - 14 years old) |
| “Half Marathon” <b>Walk</b> £15<br>(must be 18 or older) <input type="checkbox"/> | UK / England Athletics Running<br>Number if registered or leave blank | <input type="text"/>   |

- **One entry form for each entrant please**
- 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 – adults only – if you can quote an UK Athletics Running Number. No Kids £2 deduction as run not under UK Athletics rules & cost of T-shirt + medal more than £5.)
- If you have a family member or friend who is prepared to act as volunteer / marshal please indicate

Name of Volunteer / Marshal ..... Phone ..... email .....

Parent’s name & consent (for all aged 17 or less) .....

Run Day Emergency Contact: Name ..... Phone .....