



Avon Valley Runners



5x5 - 5k trail race series

4 races of 5km at £5 per race

Discounted to £3 for EA registered runners

UK:A Licence Number: TRA permit 2527 / 2529

This event is being held under UK Athletics rules

Event # : Thursday, 2019
Starting at 19:00

Entry Form

| | | | |
|---|---------------|-----------------------------------|------------------|
| <i>First Name</i> | | <i>Last Name</i> | |
| | | | |
| Date of Birth | | Age on race day | |
| | | | |
| Gender : | Male Female | | |
| Address: | | | |
| | | | |
| Post Code: | Telephone: | Mobile: | |
| E-mail: | | | |
| | | | |
| Are you affiliated to England Athletics (EA)? | | | IMPORTANT |
| | | | |
| If so : UK:A or TRA Registration No: | | | |
| | | | |
| Club, if any: | | | |
| | | | |
| <i>Entries accepted on the day only if spaces left.</i> | | <i>Please circle answer below</i> | |
| Entry Fee: £5 if not affiliated to EA or TRA | | £3 if EA registered | |
| Add £1 for entries on the day. | | | |
| Delete above as appropriate | | | |
| Cheques payable to : Avon Valley Runners | | | |

Disclaimer:

I understand that I take part in this event entirely at my own risk and that no person(s) or organization(s) shall be held responsible for any accidents, injury, illness, loss or damage which may arise as a result of my participation. I declare that I will abide by UKA rules and the directions of the organiser's representatives. Entry fees are only refundable in the event of cancellation by the organisers.

Signed and dated: