



Avon Valley Runners



5x5 - 5k trail race series

4 races of 5km at £5 per race

£2 extra if you are not a member of an EA registered club

UK:A Licence Number: TRA permits 3311, 3312, 3313 & 3314

This event is being held under UK Athletics rules

Event # : Thursday, 2020
Starting at 19:00

Entry Form

First Name		Last Name	
Date of Birth		Age on race day	
Gender :		Male Female	
Address:			
Post Code:	Telephone:	Mobile:	
E-mail:			
Are you a member of an England Athletics affiliated club?			IMPORTANT
Name of Affiliated Club:			
Team Name:			
<i>Entries accepted on the day only if spaces left.</i>		<i>Please circle answer below</i>	
Entry Fee: £5		£7 if not a member of an affiliated club	
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: