



# Avon Valley Runners



## 5x5x5 - 5k trail race series

**5 races of 5km at £5 per race**

Discounted to £3 for EA registered runners

*UK:A Licence Number: TRA permit 1590\_1590  
This event is being held under UK Athletics rules*

**Event # : Thursday, 2018**  
**Starting at 19:00**

## Entry Form

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

**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:**