

SHERWOOD PINES 10K & 5K



FOREST TRAIL RACE



PLUS Free Family Fun Runs

(Accurately measured & certified course. Held under UKA rules Permit applied for)

Sunday 19th July 10K & 5K start at 11.30. Fun Runs at 1pm

A Great Family & Club Day Out in a Beautiful Location

Sherwood Pines Forest Park Old Clipstone Notts (off the B6030) www.forestry.gov.uk

Discover the delights of trail running on this gentle undulating forest course away from all the traffic.

- Free car parking in the **EVENTS CARPARK**
- Prizes in all categories (see website for details) PLUS Go Ape family pass spot prizes!
- Well-marked course with drinks station at 5K. Distance markers every 1km
- Walkers welcome to take part. (Start at 11.00am)
- T-shirts for all finishers of the 10K & 5K Race
- Free Family Fun runs (Under 10's race and over 10's race mums and dads welcome) donations to bluebell wood
- Facilities include Café • Children's Play area • Picnic & BBQ Site • Cycle Hire • Nature Rambles • Go-Ape

Surname		Forename	10K Tick <input type="checkbox"/>	5K <input type="checkbox"/>
Age		Sex	Telephone	
Address			Emergency Contact telephone Number	
E Mail Address				
Running Club (Affiliated)		Membership No.		
Declaration:	I understand that 2PointB cannot be held responsible in any way for loss or injury to myself, or any other party, however arising or for any property lost or damaged.			
Signed:	I declare that I am medically fit, and understand I enter this event at my own risk. (Entrant).....			

Entry Fee: Affiliated £7.00 Non-Affiliated £9.00

Entries on the day plus £2.00

Entries to: 2PointB, 12 Broomhill Ave, Worksop, Notts. S81 7QP

Postal Closing Date 15^h July 2009

Make cheques payable to 2pointb Enclose S.A.E.

Enquiries to TRSP@2PointB.co.uk

Nominated Charity Bluebell Wood Hospice.

** UKA Age group distances.
for under 16s

UKA age on day of race	Male Max Distance	Female Max distance
12	5Km	3Km
13	6.5km	3.5km
14	8km	3.5km
15	10km	10km

See www.2PointB.co.uk for course map and venue directions

PLEASE NOTE THERE IS A 600 LIMIT FOR THIS RACE- ENTER EARLY TO AVOID DISAPPOINTMENT