

# SHERWOOD PINES 10K & 5K FOREST TRAIL RACE

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

**PLUS Free Family Fun Runs**

Sunday 18th 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](http://www.forestry.gov.uk)**

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

- Prizes in all categories (see website for details)
- Well-marked course with drinks station at 3Km & 7Km. Distance markers every 1km
- T-shirts for all finishers of the 10K & 5K Race
- Free Family Fun runs after the main race (Race 1 Under 10's race and Race 2 over 10's race mums and dads welcome)
- Facilities include Café •Children's Play area •Picnic & BBQ Site •Cycle Hire •Nature Rambles•Go-Ape

**PLEASE NOTE THERE IS A 600 LIMIT FOR THIS RACE (The race will close for entries once the limit has been reached) ENTER EARLY TO AVOID DISAPPOINTMENT**

Forename		Surname	10K <input type="checkbox"/>	5K <input type="checkbox"/>
Age		Sex	Tel No.	
Address			Emergency Contact Tel No.	
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).....			
	Parent/Guardian if under 18:.....			

**Entry Fee: Affiliated £9.00 Non-Affiliated £11.00 Postal Closing Date 12<sup>h</sup> July 2010.**

**Entries on the day if race limit has not been reached plus £2.00.**

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

Make cheques payable to 2pointB. Please Enclose a sufficiently S.A.E.

**Enquiries to [TRSP@2PointB.co.uk](mailto:TRSP@2PointB.co.uk)**

\*\* 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](http://www.2PointB.co.uk) for course map and venue directions

**Please note the normal Forestry Commission Car Park costs will apply this year.**

**We recommend car share and enjoy the parks fantastic fun potential for family and groups alike.**