The Ninth Adderbury Half & other running events on 10th July 2016

On the Day

E N T R Y   F O R M

The Three Spires Challenge Run

The Adderbury Running Club (ARC) cordially invites you to participate in our ninth event.

By entering for an ARC event and signing this form you are acknowledging that:

1. You are fit, in good health and are aware that most of the course will be off-road along foot paths, bridleways and tow paths. The course is in places considered to be challenging and participants will have to climb over stiles. As a consequence the event is not suitable for anyone in wheel-chairs. Distance is approx half Marathon, 10k or 5k.
2. You are entering entirely at your own risk and accept that ARC, its sponsors and all other participants, including volunteers acting as marshals or in other capacities, will not be liable for any injury or loss, damages, claims, actions, expenses or compensation.
3. You have read the Adderbury Half Marathon Event Day Rules and Participants' Information Sheet available on the ARC website www.AdderburyRunningClub.co.uk
4. You give us permission to use your email address to keep you informed on Challenge Run details. If you choose not to give your email address, the onus lies with you to check our website for any relevant communications. Running number to be collected prior to race.

Last name:		First name:
Gender (M/F):	Date of Birth:	
Address:		
Postcode:		Home phone:
Work phone:		Mobile phone:
Email:		

I wish to enter the (please tick one):

"Half Marathon" **Run** £20 (must be 17 or older)	"10k" Run £20 (must be 15 or older)	"5k" Run £15 (15+yrs); £10 (11-14yrs) (must be 11 or older)
"Half Marathon" **Walk** £20 (must be 17 or older)	No UK / England Athletics discount if entering on the day.	Junior Runs £10 (4-10yrs on field; 11-14 run 5k)(must be 4 - 14 yrs old)

- **One entry form for each entrant please**
- **NOTE: 11 to 14 year olds entering the 5k run pay the Junior Runs £10 entry fee.**

Parent's name & consent (for all aged 17 or less)   ……………………………………………………………………………

Run Day Emergency Contact: Name ……………………………………………….. Phone …………………………………………