

# NORTHERNBOYSLOVEGRAVY

Present the popular

# GRAVY PUD FELL RACE

(Registered with the Fellrunners Association)

## Sunday 1<sup>st</sup> December 2013, 11AM

**\*\*\*Race limited to 200 runners\*\*\***

**From Bulls Head Pub, Tintwistle.**

Northernboyslovegravy are pleased to stage this popular off road fell race of approx. 5 miles race round the Arnfield and Lees Hill area of Tintwistle. For more information on the race and a detailed map of the route please visit our website: [www.nblg.co.uk](http://www.nblg.co.uk)

Well marshaled route, first aid, drinks and refreshments at the end of the race. Proceeds from this years race to be donated to Duki Tigers Football Club.

Entry fee: £5 in advance or £5 on the day. Cheques payable to northernboyslovegravy. Registration opens at 9.30am on race day. Minimum age 16. Course not suitable for wheelchairs. This is a popular race and demand for numbers is always high.

Post your entry slip with cheque to: Race Director, 14 Claylands Close, Hollingworth, Hyde, Cheshire, SK14 8PF no later than **Tuesday 26<sup>th</sup> November 2013**. Numbers to be collected on the day from The Bulls Head Pub from 9.30am.

Please print clearly- Entry form for The Gravy Pud Fell Race 2013

Name.....DoB ..... Age.....

Address.....

..... Tel .....

Club..... UKA reg. No. ....

E-Mail.....

Car Registration details..... At the race with.....

Emergency Contact details (Name and phone number) .....

Please tick category below.

JM	<input type="checkbox"/>	M	<input type="checkbox"/>	V40	<input type="checkbox"/>	V45	<input type="checkbox"/>	V50	<input type="checkbox"/>	V55	<input type="checkbox"/>	V60	<input type="checkbox"/>	V65	<input type="checkbox"/>	V70	<input type="checkbox"/>
JF	<input type="checkbox"/>	F	<input type="checkbox"/>	F35	<input type="checkbox"/>	F40	<input type="checkbox"/>	F45	<input type="checkbox"/>	F50	<input type="checkbox"/>	F55	<input type="checkbox"/>	F60	<input type="checkbox"/>	F65	<input type="checkbox"/>

Race Number  
(Organiser record  
number here)

I understand that this race is held in accordance, and that I have familiarised myself, with both the Rules and Safety Requirements of the FRA. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA Safety Requirements or by the organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

Signed..... Date.....  
(to be signed by parent or guardian if entrant is under 18)