



GREAT WESTERN RUNNERS



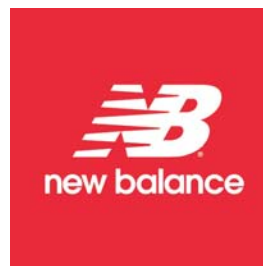
PRESENT THE

2009 GWR TOWPATH SERIES

FOUR 10K RACES AND A FINAL 5K
HELD UNDER ARC RULES (PERMIT APPLIED FOR)

GREVILLE SMYTH PARK, ASHTON ROAD, ASHTON, BRISTOL.
(OPPOSITE BRISTOL CITY FOOTBALL GROUND) – O.S. Ref: ST 571 717

SPONSORED BY:



- SPOT PRIZES AFTER EACH RACE (MUST BE COLLECTED ON THE NIGHT)

RACE DATES

RACE 1 – 10K:	FRIDAY MAY 8	@ 7.30 PM
RACE 2 – 10K:	FRIDAY JUNE 5	@ 7.30 PM
RACE 3 – 10K:	FRIDAY JULY 17	@ 7.30 PM
RACE 4 – 10K:	FRIDAY AUGUST 7	@ 7.30 PM
RACE 5 – 5K:	FRIDAY AUGUST 28	@ 7.30 PM

INDIVIDUAL PRIZES FOR OVERALL SERIES

(SERIES CATEGORY BASED ON AGE AS AT DATE OF RACE ONE)

MALE: FIRST 3; MASTERS FIRST 40, 45, 50, 55, 60, 65, 70

FEMALE: FIRST 3; MASTERS FIRST 40, 45, 50, 55, 60, 65, 70

(FOUR OUT OF FIVE RACES TO COUNT. RESULTS CALCULATED ON FINISH POSITION)

ADVANCE ENTRY RECOMMENDED: 2007 & 2008 RACES CLOSED EARLY.

ENTRY LIMIT: 300

**DUE TO THE OFF-ROAD NATURE OF THE COURSE, IT IS CONSIDERED
UNSUITABLE FOR WHEELCHAIRS, SORRY.**

ENTRY FEES (POSTAL)

PER RACE: £5.00 AFFILIATED TO ARC OR UKA / £7.00 UNAFFILIATED
OR, WHOLE SERIES: £25.00 AFFILIATED TO ARC OR UKA / £27.00 UNAFFILIATED

ENTER ON-LINE AT: WWW.GREATWESTERNRUNNERS.ORG.UK
(on-line processing fees apply)

**RACE HEADQUARTERS, CHANGING (NO SHOWERS), PRIZE GIVING, PLUS
SPOT PRIZES ARE AT "Bar BS3" , 21 ASHTON ROAD. BS3 2EA**

POSTAL ENTRY FORM

SEND TO: GWR TOWPATH SERIES,
42 CHURCH LEAZE, SHIREHAMPTON, BRISTOL BS11 9SZ

SAE NOT REQUIRED. BLOCK CAPITALS (SO WE CAN READ IT!) PLEASE

SURNAME:

FIRST NAME:

AGE: (Minimum 15)

DOB:

MALE/FEMALE

CLUB:

UKA COMPETITION LICENCE NUMBER:

**AFFILIATED TO ARC
OR UKA? YES / NO**

ADDRESS:

POST CODE:

CONTACT TEL.:

e-Mail:

(in case of queries)

EVENT(S) ENTERED:

	Tick		Tick
WHOLE SERIES Attached: £25 Unattached: £27	<input type="checkbox"/>		<input type="checkbox"/>
8 MAY – 10K Attached: £5.00 RACE 1 Unattached: £7.00	<input type="checkbox"/>	7 AUGUST – 10K Attached: £5.00 RACE 4 Unattached: £7.00	<input type="checkbox"/>
5 JUNE – 10K Attached: £5.00 RACE 2 Unattached: £7.00	<input type="checkbox"/>	28 AUGUST – 5K Attached: £5.00 RACE 5 Unattached: £7.00	<input type="checkbox"/>
17 JULY – 10K Attached: £5.00 RACE 3 Unattached: £7.00	<input type="checkbox"/>		

ENTRY FEES ON THE NIGHT (IF AVAILABLE) +£5 SERIES: +£1 SINGLE EVENT.

CHECK WEB SITE FOR THE LATEST POSITION ON ENTRY AVAILABILITY.

CHEQUES PAYABLE TO: GREAT WESTERN RUNNERS

ADVANCE ENTRY RECOMMENDED. ENTRY LIMIT: 300

POSTAL /ONLINE ENTRIES CLOSE THE THURSDAY BEFORE EACH RACE

I UNDERSTAND THAT THE ORGANISERS WILL NOT BE HELD RESPONSIBLE FOR ANY INJURY, ILLNESS OR LOSS OF PROPERTY RESULTING FROM MY PARTICIPATION IN THIS EVENT AND I WILL NOT PARTICIPATE UNLESS I AM FIT TO RUN. I HEREBY DECLARE THAT: 1) I WILL COMPLY WITH THE ARC RULES FOR COMPETITION (http://www.runningclubs.org.uk/ARC_rules.pdf) AND PARTICULARLY:

2) I WILL NOT SWAP MY NUMBER WITH, OR GIVE IT TO, ANOTHER COMPETITOR.

DATA PROTECTION: I UNDERSTAND THAT THE ABOVE DETAILS WILL NOT BE SENT TO THIRD PARTIES OR USED FOR ANY MARKETING PURPOSES, AND I HAVE NO OBJECTION FOR THEIR STORING ON COMPUTER FOR RACE ADMINISTRATION AND RESULT PRODUCTION ONLY.

SIGNATURE:

DATE:

THANK YOU FOR ENTERING

ENTER ON-LINE AT: WWW.GREATWESTERNRUNNERS.ORG.UK