



The Ironwood Challenge

Starts at 11.00am on Sunday 26 February 2012 from Long Ashton Sports Hall

BRIEF DETAILS: The Ironwood Challenge is six(ish) country miles of trails through ancient woodland, fields and forest above the village of Long Ashton in North Somerset. The course is fully marshalled.

FACILITIES: Free parking - Showers - Baggage store - St John Ambulance – Refreshments.

DIRECTIONS: O/S Map Ref. 537704. **From Bristol** - A370 to Weston-S-Mare - follow signs to Long Ashton. **From M5 Jct. 18** - A4 to Bristol onto A370 - look for Long Ashton signs. **From M5 Jct. 19** - A369 to Bristol onto A370 – follow Long Ashton signs. Sports Hall is on Keedwell Hill, opposite the CO-OP.

ENTRY FEES: £6 in advance - £7 on the day - (Add £2 if you are NOT a member of an ARC affiliated club). Closing date for postal entries is one week before race day. Race limit 300. Minimum age 17 years.

FURTHER INFORMATION FROM: John Mallone - Tel: 01761 462748. Cheques should be made payable to: **'Nailsea Running Club'**. Send your entry to: **Ironwood Challenge, 12 Highlands Road, Long Ashton, Bristol, BS41 9EN. (Race numbers will not be sent out. Please collect them on the day).**

AWARDS: 1st, 2nd & 3rd SM & SF; 1st & 2nd V40M; 1st & 2nd V40F; 1st V50M; 1st V50F; 1st V60M; 1st V60F. Only one prize will be awarded to any individual runner.

DONATIONS: Each year donations are made to mainly local charities which have included Bristol Oncology Centre, Nailsea MS Therapy Centre, Children's Hospice South West, St. Peter's Hospice, Woodspring Association for the Blind, Nailsea Parkinson's Society, Backwell Woodland Trust and Motivation.

Please complete in **BLOCK CAPITALS:**

Surname:		Forename:	
Date of Birth:	Male / Female	Age on race day:	
Club:		Tick box if ARC Affiliated <input type="checkbox"/>	
Address:			
Post Code:		Tel Number:	
Email Address:			

DECLARATION: I agree to abide by the ARC laws and rules. My participation in the Ironwood Challenge is entirely at my own risk. I agree the organisers and sponsors will not be held responsible for any injury, illness, loss or damage to me, or my property, which I may sustain in the course of or because of taking part in the event.

Where did you hear about this race?

Signed:	Date:
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This information will be stored on computer for entries and results processing purposes.