



The Nailsea Festival 10k

Starts at 7.30pm on Wednesday 27 June 2012 from Nailsea & Backwell RFC

BRIEF DETAILS: The Festival 10k is run over a two-lap undulating rural course under ARC rules.

FACILITIES: Free car parking - Changing - Showers - Baggage store - St John Ambulance Brigade First Aid Cover - Bar and a range of reasonably priced refreshments including sandwiches and cakes.

DIRECTIONS: From M5 Junction 20 - Follow B3130 Nailsea signs. From Bristol - Follow the A370 towards Weston Super Mare look for the B3130 to Nailsea. N&B RFC is situated off West End Lane.

ENTRY FEES: £6 in advance - £7.00 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 registration from 5.45pm onwards - Race limit 300.

FURTHER INFORMATION FROM: Dermot McCann – Tel: 07531 346862. Cheques should be made payable to: 'Nailsea Running Club'. Send your entry to: **Festival 10k, 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 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 and Backwell Woodland Trust.

Please complete in **BLOCK CAPITALS:**

Surname:		Forename:	
Date of Birth:	Male / Female	Age on race day:	
Club:		Tick box if ARC Affiliated	
Address:			
Post Code:		Tel Number:	
Email Address:			

DECLARATION: I agree to abide by the ARC laws and rules. My participation in the Festival 10k 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.