



**National
Trust**



The Tyntesfield Ten

Starts at 7.00pm on Thursday 24 May 2012 from within the Tyntesfield Estate

BRIEF DETAILS: The second running of the Tyntesfield Ten will be held over a 10k (ish) off-road course around the National Trust's beautiful Tyntesfield Estate.

FACILITIES: Free car parking - Baggage store - St John Ambulance Brigade First Aid Cover - Refreshments.

DIRECTIONS: O/S Map Ref. 172:ST506715 - On B3128 7 miles south west of Bristol. M5 southbound exit 19 via A369 (towards Bristol), B3129, B3128. M5 northbound exit 20, B3130 (towards Bristol), B3128. Brown signs from exit 19 and 20 of M5.

ENTRY FEES: Members of ARC £8, non members of ARC £10 (Entries on the day £2 extra). Closing date for postal entries is one week before race day. Race limit 400.

FURTHER INFORMATION FROM: David Smart - Tel: 01275 393485. Cheques should be made payable to: '*Nailsea Running Club*'. Send your entry to: **Tyntesfield Ten, 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: A donation will be made by Nailsea Running Club to help further the work being done by the National Trust at Tyntesfield.

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 Tyntesfield Ten 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.