

The Frank Elford Sports' 10th Anniversary and Final AUTUMN TRAIL RUN



SPONSORED BY MIZUNO



Under UK Athletics Rules. SEAA Permit Number 10316

A beautiful 8 mile trail run through the Newnham Park Estate, Plympton, Plymouth

Sunday 28th September 2008 at 10:30 a.m.



AWARDS

MEN - 1st, 2nd & 3rd overall + 1st Vet 40, 45, 50, 55, 60, 65 + 1st Unattached Runner
LADIES - 1st, 2nd, 3rd overall + 1st Vet 35, 40, 45, 50, 55, 60 + 1st Unattached Runner
TEAM PRIZES - 1st Male & Female Teams from Affiliated Clubs (3 to count)
 T-Shirt, Memento and Goody Bag to all finishers



STRICTLY NO ENTRIES ON RACE DAY

In aid of St Luke's Hospice, Plymouth

Cheques payable to "Autumn Trail"

Please enclose a large S.A.E. with your entry

Postal Entries close 24th September 2008

Entries received without a S.A.E. to collect number on race day

Race numbers and information will be issued in mid-August

Changing and toilet facilities available. Sorry, no showers!

Ample parking adjacent to race start / finish

Send completed Entries to :-

Supported by-



Frank Elford Sports
 27 Mayflower Street
 Plymouth
 PL1 1QJ



Telephone Enquiries - 01752 265122

Surname	First Name	Club Name	M/F	DOB (d/m/y)
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>

Address

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

(Clubs affiliated to UK Athletics only)

Age on Race Day

<input type="text"/>

Entry For :- (Please Tick)

8 Mile Race (Affiliated)	£10.00	<input type="checkbox"/>
8 Mile Race (Unattached)	£12.00	<input type="checkbox"/>

Minimum age for 8 mile race is 16

Postcode

Telephone



Size of 'T' Shirt required (8 mile race only)

S	M	L	XL	XXL
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- I declare that I will abide by the rules of UK Athletics. I will be over 16 years of age on the day of the race and accept that the organisers will not be liable for any injury, illness, loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event.
- I declare that I will not compete in this race unless I am in good health on the day of the race and in any event I will only compete at my own risk.
- I acknowledge that medical support will be provided by St John Ambulance

Signed

Date