

10th Bollington Nostalgia Hill Race

Registered FRA BM Race

11.00am Sunday 13th July 2014

Bridgend Centre, 104, Palmerston Street, Bollington, SK10 5PW

A 7.11 mile run, multi-terrain on road, pasture, high moorland (1200ft climb) and canal towpath in the beautiful countryside around Bollington. Age 18 and over only. Suggested preferred footwear: trail running shoes.

Course partially marked and marshalled.

Prizes for winners in categories: M, F, MV and FV 40, 50, 60, 70 and Team (3 to count)

Entry fees for runners: **£6.00 in advance** **£8.00 on the day**

Proceeds in aid of Bridgend Centre, formerly Bollington Drop-In Centre
(Registered charity no. 1123287)

Any individual or group is welcome to run in aid of a charity of their choice and fancy dress costumes can be worn for those mad enough!



The race starts at 11.00am followed by an 'Open Day' at the Bridgend Centre, where refreshments and sandwiches will be available.

Presentations to the winners will be at approximately 12.30pm.

Registration, toilets and drinks at the Centre

For postal entries send SAE, entry form and cheques made payable to **Bridgend Centre** at above address

Further information on 01625 576311 or info@bridgendcentre.org.uk

The Fell Runners Association Ltd

Senior Race Entry Form

Race: **Bollington Nostalgia Race, Sunday 13th July 2014**

Minimum age to enter 18 and over

Full Name (Please print)

Male

Female

Club or Team Name

Category (please circle as appropriate)

Women: WU23 WSEN W>40 W>50 W>60 W>70

Men: MU23 MSEN M>40 M>50 M>60 M>70

Address

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Post Code

Phone No.

Email

(will be used only for Nostalgia Race emailing)

Emergency Contact

Phone No.

Declaration: I understand that this race is held in accordance, and that I have familiarised myself with, both Rules and Safety Requirements of the FRA. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA Safety Requirements or by the Organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

Signed:

Date