



SUNDAY 2nd May 2010, 11.00am

SOMERAC



PERMIT APPLIED FOR

Invite You Too Try The 11th

COW PAT CANTER

And "Mini-Pat" Fun Run (7 yrs and above)



Approximately 12k of challenging off-road running.

With virtually no tarmac to be seen the course takes you over beautiful countryside, rolling fields, footpaths, rough tracks, stiles, and through a pond and a river!

RACE DETAILS: PLEASE RETAIN THIS PART OF FORM



MIDSOMER NORTON RUGBY CLUB, 10:45am Mass Walk to Start of Main Race at 11:00am, Fun Run to Start at 11:10am.

* Ample Free Parking * Clubhouse with Bar & Refreshments Stall
* Changing Rooms * Toilets & Hot Showers

* 1st, 2nd & 3rd Senior Male Open / MV40, MV50 and 1st 2nd MV60

* 1st, 2nd & 3rd Senior Female Open / LV40, LV50 and 1st 2nd LV60

* 1st Male Team and 1st Female Team (4 to Count in Each)

* Momento for all main race finishers.

* Medal to all fun run finishers

* Spot Prizes

* Free, published on RunnersWebUK.com and somerac.org.uk

* Or hard copy sent to you for 50p extra on the Day

* Main Race - Affiliated £8.00 Unattached £10.00; Fun Run £2.00

* **STRICTLY NO ENTRIES ON DAY**

NOTE: MAIN RACE IS STRICTLY LIMITED TO 250 RUNNERS

ACKNOWLEDGEMENTS: Many thanks go to Mr PAUL MATTICK of MANOR FARM, CHILCOMPTON for His invaluable assistance and for permitting the use of his land, and to Mr ALAN HURST for his artistic genius

PLEASE COMPLETE THIS ENTRY FORM FULLY AND IN BLOCK CAPITALS

(UNIVERSAL ENTRY FORMS AND PHOTOCOPIES ACCEPTED)

RACE No: Official Use Only

PREFERRED FORENAME:		SURNAME:	
ADDRESS:		WHICH EVENT ARE YOU ENTERING (tick)?	
		<input type="checkbox"/> MAIN RACE	<input type="checkbox"/> MINI-PAT
POSTCODE:		CONTACT TELEPHONE No: (STD CODE & TEL NO, OR MOBILE):	
EMAIL:		FEE ENCLOSED (tick):	
D.O.B: / /	GENDER: MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>	<input type="checkbox"/> £8.00 Affiliated	
		<input type="checkbox"/> £10.00 Unaffiliated	
		<input type="checkbox"/> £2.00 Minipat Fun Run	
FIRST CLAIM TRA/UKA AFFILIATED CLUB (full name or N/A):		MEMBERSHIP AFFILIATION No:	

DECLARATION: *By signing this entry form: I confirm that for the Main Race I will be over the age of 15 on race day to be eligible to enter. For either event I declare that I (or my charge) am medically fit to participate and accept that the organisers will in no way be held responsible for any injury, illness, accident to my person or loss of my property, as a result of my participation in this race. I agree to abide by the Rules and Laws of the TRA and UKA governing this event.*

**SIGNED (by the above athlete or :
Parent/Guardian for Fun Runners)**

DATED:

Send completed entries, with Cheque/PO for correct fee and minimum 9x6 SAE to: The Race Organiser, c/o 127 Rodden Road, Frome, Somerset, BA11 2AN. Cheques payable to "SOMER A.C."

Please detach and return: REMEMBER! ENCLOSE: S.A.E + SIGNED FORM + PAYMENT

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THANK YOU FOR ENTERING THE 11TH COW PAT CANTER OR MINI-PAT
SUNDAY 2nd MAY 2010

IMPORTANT RACE INFORMATION - PLEASE KEEP THIS PART OF THE FORM

NO DOGS TO BE TAKEN ON FARM LAND THAT IS PART OF THE COURSE

DRINKS: Water stations at approximately halfway (Main Race) and at the finish.

FIRST AID: Courtesy of St John's Ambulance.

DIRECTIONS: To MSN Rugby Club, Norton Down Playing Field, BA3 2UE

From Wells - B3139 toward MSN (crosses A37), through Chilcompton, after 1M turn left onto B3355 to MSN, Rugby Club approx 1M on the left.

From Bristol - A37 through Ston Easton, after 2M turn left onto B3139, thro' Chilcompton & as above.

From Bath - A367 through Radstock to White Post Pub roundabout, take B3139 to Wells, take 2nd right onto B3355 to MSN, Rugby Club approx 1M on left.



If you would like more information about the race or need further directions, please telephone (evenings before 9 p.m. only):

- Adrian (07811) 403725 or email: Adrian_holborn@yahoo.com
- Judith (01275) 331311 or email: judith.chubb@qfruit.co.uk
- Or visit our website at www.somerac.org.uk