



FROME RUNNING CLUB



THE MELLS SCENIC 7

SUNDAY 26TH SEPTEMBER 2010 11.00am, Mells Cricket Club.

Race 13 in the Somerset Series 2010 • Run under UKA rules England Athletics Permit No: Applied for.

This **7ish mile trail race** comprises approximately 4 miles of rural lanes, 2 miles of cycle track and 1 mile of bridleway (this may be muddy), starting and finishing in the historic village of Mells (near Frome) and featuring the beautiful countryside of East Somerset.

ENTRY FEE: £6.00 UK affiliated runners £8.00 Unattached runner £1 EXTRA ON THE DAY



**PRIZES FOR:
1st, 2nd and 3rd and
age categories (one prize per winner).
Spot Prizes.**



MEMENTOES to all finishers.

**CLOSING DATE for postal entries: 18th September 2010
CHEQUES PAYABLE TO: 'Frome Running Club'
MINIMUM AGE: 16 years on the day of race
WEBSITE INFORMATION: www.fromerunningclub.org.uk**

**CAR PARKING • REFRESHMENTS • LIMITED SHOWER AND CHANGING FACILITIES
COMPETITORS' BAGGAGE STORAGE AVAILABLE**



Part of the **Somerset Series 2010** (Race No 13)
The next race is the Burnham-On-Sea Half Marathon on
Sunday 3rd October (Race No 14)

SEND YOUR ENTRY FORM TO: Fleur Rush, 12a Orchardleigh View, Frome, BA11 3SB

Last Name: First Name:

Address:

..... Post Code:

Tel: E-mail:

DOB: Age on race day: M/F: Affiliated Club:

Competition Licence No :

Official Use	
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I enclose entry fee of £ and a 9" x 6" SAE

I declare that I enter at my own risk and that no person(s) will be held responsible for any injury or loss to me prior to, during or after the event and that I am medically fit to participate in this event.

Signature: Date:

DATA PROTECTION ACT: please note that the above information will be processed electronically and used for administration purposes. Names and finish times may be sent to results services. Please tick the box if you do not wish such information to be disclosed.