

The Barnabas Sports Trust presents the:



Permit No: 1329



ENTRY ONLINE
www.barnabassports.co.uk

Approximately 7 1/2 miles of mud, sweat and tears
through scenic countryside!

Saturday 9th December 2017 @ 10.30 a.m.

This will be the 14th running of this very popular race in the beautiful Cockington Country Park. This years course is approximately 7 1/2 miles

The race HQ ,registration and finish will be at Cockington Cricket pavilion, the start is just down the hill from the pavilion

There will be Christmas carols and jelly babies and Christmas cake for all finishers, plus a goody bag.

£14 unaffiliated and £12 affiliated
minimum age 18 on race day

Entries close when the race is full or on Wednesday 6th December at 7 p.m. we cannot accept any entries after this time.

No Entries on the Day

Enter online at www.barnabassports.co.uk or send entry form with SAE to: Matt Day, 70 Happaway Road, Torquay, TQ2 8EU

SURNAME..... .FORENAME.....

ADDRESS.....

POST CODE..... TEL NO.....

MALE/FEMALE AGE ON RACE DAY..... (Minimum 18)

CLUB..... AFFILIATED YES/NO

UKA Competition License Number..... Email

I enclose a fee of £_____ (cheques payable to "THE BARNABAS SPORTS TRUST")
and an A5 STAMPED ADDRESSED ENVELOPE if not providing an email address.

I am over 18 and will abide by the rules of UK Athletics. I compete at my own risk and the organisers will not be liable for injury, illness, damage, action claim or expenses which may arise in the consequence of this event. I will not compete in this event unless I am in good health on race day.

Signed.....Date.....