

# TRING RUNNING CLUB

presents the

## 29th Ridgeway Race

Supported by Apex Sports, Solgar Vitamins & Tring Brewery



**10:10am SUNDAY 10<sup>th</sup> OCTOBER 2010**

Receive a unique teeshirt displaying start time of 10/10/10 10:10

Meet at Tring Park Cricket Club, Tring HP23 6HA. Start in Marshcroft Lane.

Approx. 15 km

UKA athletics Licence applied for. The race will be run under UKA Rules

A challenging trail run over a scenic route mainly on footpaths and bridleways with stunning Chiltern views. Starting on the outskirts of Tring, the course gradually ascends into the Ashridge Estate, past the Bridgewater Monument, then continues to Pitstone Hill and returns along a section of the famous Ridgeway Path to Tring.

- Place, vet & team prizes to total value of £500
- T-Shirts to all finishers
- Team prizes, Male: 4 to qualify; Female: 3 to qualify
- Entry limit 500
- Fully marshalled course
- Changing facilities (female and male showers)
- Refreshments including bar
- Apex Sports running specialists stall
- Massages available

Entry Fee	Affiliated	Unaffiliated
Entries received before 29 <sup>th</sup> September	£7	£9
Late entries and on the Day (if entry limit not reached)	£10	£12

(Entrants paying the 'affiliated' fee must provide an EA registration number)

Enter online at [www.runnersworld.co.uk/events](http://www.runnersworld.co.uk/events)

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### ENTRY FORM FOR THE 2010 RIDGEWAY RACE

First Name \_\_\_\_\_ Surname \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Age on Day of Race \_\_\_\_\_ Date of Birth (dd/mm/yy) \_\_\_/\_\_\_/\_\_\_

Telephone Number \_\_\_\_\_ (Day) \_\_\_\_\_ (Evening)

Email Address \_\_\_\_\_

Affiliated Club (or unattached) \_\_\_\_\_ EA Registration Number \_\_\_\_\_

Please make cheques payable to Tring Running Club and send to:  
Tring Running Club (RR2010), 11 Damask Close, Tring, Herts. HP23 5UA (no self-addressed envelope needed)

#### Terms and Conditions of Entry

- Competitors must be at least 16 years of age on the day of the event
- Road crossings will be marshalled but the roads will not be closed to traffic. It is the responsibility of the entrant to cross safely
- Entrants must be medically fit to run and be aware that the organisers are not liable for any injury, illness, loss or damage howsoever caused during or as a result of the event
- Entrants must show consideration to other users of public footpaths and rights of way
- Entry fees are non-refundable, including the cancellation of the event due to circumstances beyond the control of the organisers
- Entrants are advised not to use MP3 players or ipods as they will not be able to hear instructions from marshals
- No dogs allowed

Please enter me for the Ridgeway Run. I understand and agree to the terms and conditions of entry.

Signed \_\_\_\_\_ Date \_\_\_\_\_

The information that you have volunteered on the form will be used by Tring Running Club to administer this run and inform you of future relevant events. If you should wish to discuss the necessary holding of your information please contact the club.