



WATLINGTON **VC** 10K WINTER RUN



Sunday 12th December 2010

Watlington Sports Pavillion from 9:30 am

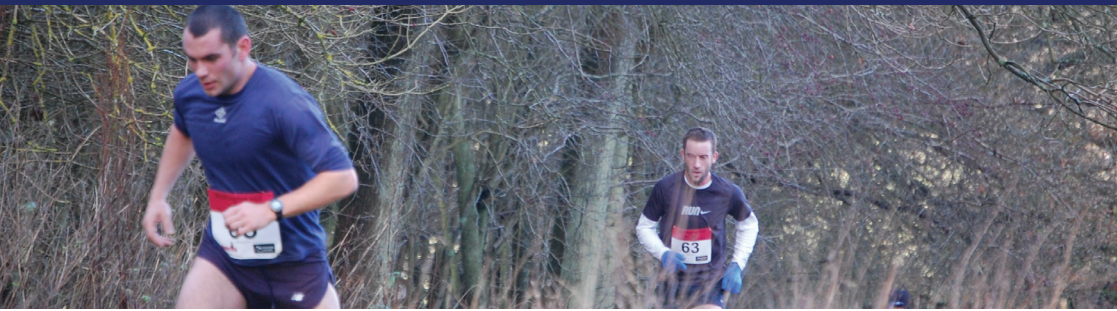
Race starts at 10:30 am

Entries £5 on the day



For info email runners@adaurum.com or call Murray on 01491 613 999

[UKA rules as applied to trail running]



Sponsored by



Pick up your race number on the day

Entries only on the day £5.00

Enter online at runnersworld.co.uk/events





www.adaurum.com

Watlington Hill XC XK

Sunday 12th December 2010 – 10:30 10km

(To secure your place please complete in BLOCK CAPITALS and post to Murray Bishop – Adaurum Ascent, Stokefield Farm, Knightsbridge Lane, Pyrton, Oxfordshire, OX49 5AT with your payment to Adaurum Ascent)

SURNAME _____

FIRST NAME _____

ADDRESS _____

_____ POSTCODE _____

EMAIL: _____

MALE / FEMALE AGE: EXPECTED FINISH TIME: Hours: Minutes:

10km min, age 16 on day of race

RACE ENTRY FEE: £5.00 on the day £4.00 affiliated

I UNDERSTAND THAT THE WATLIGNTON XC XK RACE ORGANISERS AND ALL ASSOCIATED SPONSORS CANNOT BE HELD RESPONSIBLE IN ANY WAY FOR ANY LOSS OR INJURY TO ME OR ANY OTHER PARTY HOWSOEVER CAUSED. I CONFIRM THAT I AM AWARE OF THE ORGANISER'S INFORMATION AND REQUIREMENTS IN CONNECTION WITH THIS RACE. I ACCEPT THE HAZARDS INVOLVED IN HILL 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 MYSELF OR MY PROPERTY ARISING OUT OF MY PARTICIPATION IN THIS RACE. I AM AWARE THAT I SHOULD SEEK ADVICE FROM MY MEDICAL PRACTITIONER IF I AM IN ANY DOUBT AS TO MY PHYSICAL ABILITY TO PARTICIPATE IN THIS EVENT.

Signature

Dated

PLEASE COMPLETE THIS FORM AND POST TO **Murray Bishop – Adaurum Ascent**, Stokefield Farm, Knightsbridge Lane, Pyrton, Oxfordshire, OX49 5AT **with your payment to Adaurum Ascent and collect your race number on Race Day.**