

Bells of Pattingham Run

An approximately 7 miles off-road multi-terrain race
under UKA rules

SUNDAY 18th OCTOBER 2009

Starting at 11.00 a.m.

From the Village Hall Playingfields
PATTINGHAM, Nr. Wolverhampton
on the Staffordshire/Shropshire border

Entry Fees: In advance

£10.00 UKA affiliated club runners

£12.00 non-club runners

(£2 is paid to the Midland Counties Cross Country Association for each unattached entrant)

Closing date for advance entries: 9th October 2009

Entry Fees: On the day

£16.00 all runners

(£2 is paid to the Midland Counties Cross Country Association
for each unattached entrant)

(Photocopies of the Entry Form will be accepted)

Promoted by St. Chad's Church, Pattingham

Bells Run Website: www.pattingham-ringers.org.uk
Church Website: www.pattingham-church.org

Bells of Pattingham Run

Sunday October 18th 2009

INFORMATION

- Interesting off-road race, multi-terrain, running through delightful South Staffordshire countryside. Start & finish on Pattingham Village Hall Playing Fields. Over 800 entered in 2008.
- Undulating course of approx. 7 miles - all miles are marked. The course is clearly signposted and well marshaled. Drinks & medical support en route and at the finish.
- The race start is prompt at 11.00am. with no late starting allowed. Participants are expected to 'run' the race and not 'walk'.
- Commemorative horse brass for everyone as they go through the finish.
(Please enter early to help us gauge the number of brasses required).
- Relax/collapse at the finish with a hot or cold drink and a delicious piece of home-made Harvest fruitcake.
- Adequate parking nearby.
- Limited changing facilities with toilets but no showers.
- Dogs are not allowed on the Playing Fields or the Patshull Estate
- if you can leave your dog at home it would be appreciated.
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- Prizes: First 5 overall and first 3 ladies
Male veterans (40+/50+/60+)
Lady veterans (40+/50+/60+)
Number of prizes & value will be proportionate to the number of entries in that age group
Cup held for one year to first runner from Parish of Pattingham with Patshull.
ONLY ONE PRIZE PER PERSON
- Race numbers and full race instructions will be sent out to all entries made before the Closing Date of October 9th 2009. Thereafter entries (£16 each - all runners) will be accepted on the race day.
- An official Cross Country Race permit has been obtained from the Midlands Counties Athletics Association, and Third Party/Public Liability Insurance is provided by the UKA insurers.
- After donations have been made to some local charities (such as County Air Ambulance) all proceeds from the race will go to St.Chad's Church.

Thank you for your support.

Bells Run Website: www.pattingham-ringers.org.uk

Church Website: www.pattingham-church.org

Bells of Pattingham Run 2009

SUNDAY OCTOBER 18th 2009 at 11 a.m.

ENTRY FORM

Please use block capitals throughout

Surname:

Forename: Male/Female

Address:

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..... Postcode:

Date of Birth: Age on Race day:

Email:

Telephone No. – Daytime:

Evening:

First Claim Affiliated Club:

ENTRY FEES:

In advance (by 9.10.09):	UKA affiliated club runners	£10.00
	Non-club runners	£12.00

On Race Day:	All runners	£16.00
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Make cheques/POs payable to: Pattingham PCC

Send entries (enclosing SAE 9"x 4") to:

Bells of Pattingham Run, Chad House, 17 High Street, Pattingham,
Wolverhampton WV6 7BQ.

I declare that:

- I am medically fit to run. I understand that I enter and run at my own risk, and that the organisers will not be held responsible for any loss, injury or damage that may occur.
- I will be over 17 on the day of the race.
- I am an amateur according to UKA Cross Country rules.

Signed: **Date:**

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