

# IRONBRIDGE RUNNER EVENTS PRESENT

## THE GREAT WEST FELL RACE

**Meldon reservoir, nr. Okehampton (SX 516 917)  
Saturday 6th August 2011 2pm**

**Held under FRA rules 5 Miles 1360ft ascent (Category AS)**

Prizes for the first 3 men and women plus veteran categories

Enter on the day or pre-enter. Pre-entries please send cheque made payable to Ironbridge Runner to 10 Lower North Street, Exeter EX4 3ET  
No SAE required as race numbers will not be posted out. Please collect numbers from race HQ on the day. Entry fee £5.00

**Please note there are no drink stations on the route**

<b>Name:</b>
<b>Date of Birth:</b> (Competitors must be 17 or older)
<b>Club:</b>
<b>Address:</b>
<b>Phone number:</b>
<b>Emergency contact phone number:</b>
<b>Email address:</b>

**CATEGORY (Circle below as appropriate)**

**Male U40 MV40 MV45 MV50 MV55 MV60+**

**Female U40 LV40 LV45 LV50 LV55 LV60+**

I UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE WITH BOTH THE RULES AND SAFETY REQUIREMENTS OF THE FRA. I CONFIRM THAT I AM AWARE OF THE ORGANISER'S INFORMATION AND REQUIREMENTS IN CONNECTION WITH THIS RACE. I ACCEPT THE HAZARDS INVOLVED IN FELL 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

<b>Signed:</b>  (Competitor/Parent or guardian for U18 runners)	<b>Date:</b>
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**For more information and results please visit [www.gwfr.co.uk](http://www.gwfr.co.uk)**