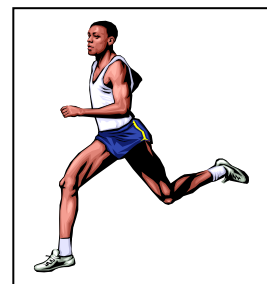


KING ALFRED'S



TORMENT



BA12 6QD

SUNDAY 19th SEPT 2010

START 11.00

START & FINISH

STOURHEAD GARDENS

SIGN POSTED FROM THE A303

Registration in the car park

No Showers or Changing Facilities

“Burnt Cakes” & Certificates to all finishers

1st, 2nd & 3rd Men and Ladies

1st & 2nd Male Vets 40, 50, & 60

1st & 2nd Lady Vets 35, 45, & 55

Mens Team First 4 to count

Ladies Team First 3 to count

Discover the delights of running through the undulating Somerset, Wiltshire border countryside with evocative names such as Six Wells Bottom, St Peters Pump, and King Alfred's Monument, as you traverse approximately 7 torturous miles of hills, fields, tracks, and paths, till you reach the ecstasy of

THE FINISH

Run under England Athletics rules - Licence 2009-100358

All proceeds are donated to “CONTACT a FAMILY” incorporating
“THE LADY HOARE TRUST FOR PHYSICALLY

Closing Date for Postal Entries Friday 17th September 2010

Entries to Phil Mac Quaid, Race Director, Blue Cedar, Gunners Lane, Houndstone,
Yeovil, Somerset BA22 8SB Tel 01935 422887 / 07866 357808

philmacquaid@hotmail.com

KING ALFRED'S TORMENT

FIRST NAME.....

SURNAME.....

AGE on Race Day.....DATE of BIRTH

Day		
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Month		
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Year		
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Please tick as appropriate MALE FEMALE

AFFILIATED CLUBE.A Reg. No

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You may be requested to show your E.A. membership card to prove eligibility

ADDRESS.....

.....POSTCODE.....

PHONE No.....

E-MAIL ADDRESS

ENTRY FEE £8 / £10 unaffiliated+ £2 EXTRA ON THE DAY
Please make cheques payable to "Yeovil Town RRC"

Please ensure that you use the correct postage for the size of envelope used
SAE not required unless you require race details
So that we can maintain an accurate count of the actual numbers running

All race numbers are to be collected on the day

FEE PAID	No. ISSUED	CLASS
£		

Race Numbers must not be folded, cut or mutilated and must be fully visible throughout the race and particularly At the Finish.

I declare that I am an amateur as defined by England Athletics laws and will be (minimum age) on the race day. I certify that I am medically fit to run and the organisers will not be held responsible for any injury or loss to my person as a result of the event or for any property lost or damaged in the vicinity of the course the car park or the changing area. I understand that the entry is subject to the approval of the promoters and that the entry fee is not refundable or transferable.

Signed: Date:

★ For more information, see www.yeoviltownrrc.com ★

