

Double or Quit Race Entry Form
Run under Association of Running Clubs (ARC) rules
SATURDAY 27th AUGUST 2011

Please complete in BLOCK CAPITALS. Photocopy acceptable.
Return forms to: Double or Quit Race, 15 Oakwell Drive, Ilkeston
Derbyshire DE7 5GL
Enclose a SAE 9+x 6+for issue of race number. For paper results
add £0.50 to your entry and another 6+x 9+SAE. CHEQUES
PAYABLE TO: ILKESTON RUNNING CLUB

Name		
Address		
Postcode		
Telephone number		
Email address		
Age on day of race		Male / Female:
Club name		
Membership no.		

Please enter me for the above event. I am medically fit to run a race of this type and fully understand that I will participate in the race entirely at my own risk and the organisers will in no way be responsible for any personal injury or illness or damage to personal effects or property either during the event or resulting from participation in this event.

SIGNED:õ õ õ õ õ õ õ õ õ õ õ õ õ DATEõ õ õ õ õ õ ..

Ilkeston Running Club presents the
6th running of the
Double or Quit Race
Run under Association of Running Clubs (ARC) rules
SATURDAY 27th AUGUST 2011

A multi terrain 5 or 10 mile race around Shipley Park in Derbyshire – you choose the distance (one lap or two) you want to run!

Supporting the Charity: Derby Kids Camp
www.derbykidscamp.co.uk

Start: Shipley Park Visitors Centre, Heanor, Derbyshire DE75 7GX

Time: 5.00pm

Facilities: toilets, drinks stations on the course at 3/5/8 miles.
Perpetual Trophies for winning senior man/lady & veteran (over 40) man/lady

Memento for all finishers & Spot prizes

closing date for entries postmarked 22nd August 2011 or when full – see website www.doubleorquit.org.uk or call 07946 703277/email tonyxdonaldson@yahoo.co.uk for information on entries.

Entry fees: £7.00 for members of affiliated clubs £9.00 for unattached runners

Entry on the day from 3pm (£2 extra)

Entries: S.E.F. or on line at www.fabian4.co.uk or download a form from www.doubleorquit.org.uk

www.ilkestonrunningclub.co.uk