

		CHARITY NUMBER: R C N 517257
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RUBERY "RUMBLE" MULTI-TERRAIN - '12K - 7 ish' country miles

SUNDAY 04TH JULY 2010 AT 11 00a.m.

Starting & finishing at: RUBERY COMMUNITY & LEISURE CENTRE HOLYWELL LANE
RUBERY BIRMINGHAM

B45 9AD - A/Z: page 156 – D3 Telephone: 0121 453 7716

e-mail: rumble@ruberyleisurecentre.co.uk or: nev@niftynev.co.uk

web site: www.ruberyleisurecentre.co.uk

For Information Contact: John – 0121 453 7716 or Neville – 0121 680 5092

A challenging '7 ish' Country Miles around and over the WASELEY HILLS – A tough 'off-roader' - one lap – abundant hills, fine views and breathtaking scenery....Slow Runners – Fun Runners – First Timers & Club Runners ALL WELCOME - 'SORRY' the off road route is unsuitable for wheelchairs Facilities include parking – toilets – showers – refreshments - St. Johns Ambulance Service.

Memento to each finisher – Prizes to category winners

Prizes: First three men : First three women : First : man and woman aged fifty or over

Special Prizes: to the youngest and oldest runner completing the course

Minimum age to compete = 17 years - (one prize per person)

Entry Fees: £8.00 Affiliated - £10.00 Unaffiliated - Cheques to RCLC (RUMBLE)

...ENTER ON LINE AT WWW.RUNNERS WORLD.CO.UK OR DOWNLOAD AN ENTRY FORM FROM OUR WEB SITE

...Closing date for postal entries = 28-06-2010... (race acceptance, details & numbers will be sent out from mid June)

'ENTRIES ACCEPTED ON THE DAY' - maximum of 300 runners

All Proceeds to: 'Rubery Community & Leisure Centre Charity'

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ENTRY FORM (please print clearly in block capitals)

Name	Affiliated	NO	YES
Address	Running Club		
Postcode	Telephone	e-mail	
dob:	Age on day:	male / female	

Race Entered: 'RUBERY RUMBLE M/T 7 MILES'

I THE UNDERSIGNED DECLARE THAT I AM FIT TO TAKE PART AND COMPETE IN THE ABOVE RACE AT MY OWN RISK.

I AGREE THAT THE RACE ORGANISERS WILL NOT ACCEPT ANY LIABILITY FOR ANY ACCIDENT, LOSS OR DAMAGE TO MYSELF OR MY PROPERTY THAT MAY OCCUR AS A CONSEQUENCE OF MY TAKING PART.

Signed	Dated:	Official Use
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Please return the completed form to the event venue above (marked 'RUMBLE') Enclosing a 'LARGE' sae with the appropriate postage