



The 5 Tors Race

Sunday 17th April 2016, 10.30am

Race 5 of the Cornish Multi-Terrain Series
Held under the Fell Runners' Association Rules
This race has a permit and associated UK Athletics insurance from the FRA.

An 8 mile (12.8K) moorland Fell Race from Minions near Liskeard, Cornwall, PL14 5LE
GR SX 262 713. Race Category: CM

Race Awards: First three Male/Female.
First Male/Female under 40; 40-44; 45-49; 50-54; 55-59; 60-64; 65+

Teams (4 to count) Male and Female
Nick Stone Memorial Trophy (First Local Male)
Bill Muller Trophy (First Local Female)

ENTRY FORM

Entry fee: £10.00 (On the day £12.00)
Cheque payable to "East Cornwall Harriers".
Send to: Louise Harding, 6 Samuel Bone Close, Liskeard, Cornwall, PL14 3NU
Email: louise_hawki@btopenworld.com or enter online at www.eastcornwallharriers.com

NAME.....DOB.....
AGE ON RACE DAY..... (Competitors must be 18 years or older) EA No:.....
ADDRESS.....
.....POST CODE.....
TEL No:.....EMAIL.....
MALE/FEMALE.....EMERGENCY CONTACT NUMBER.....
CLUB.....

Please note: No dogs are permitted.
Closing date for postal entries: Monday 11th April 2016. Entries will be available on the day (if limit of 250 not reached). Transfers of race numbers can be up done right up until Saturday 16th April by contacting race director Louise Harding on 01579349007 or email louise_hawki@btopenworld.com. **No headphones and no dogs are allowed in this race.**
Race information will be emailed to you a couple of weeks before the event. Please note that this race takes place over uneven, rocky ground. The course is marked and marshalled but is over open moorland. There may be very inclement weather conditions, including fog. Please do not take part unless you are competent to deal with these conditions. Please read the organiser's notes.

I understand that this race is held in accordance with the Rules and Safety Requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with the 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 me or my property arising out of my participation in this race. **Registration on the day open from 8am.**

Signed.....Date.....

Please note: At the request of the land owners, no dogs are permitted on this race

DATA PROTECTION: The information provided by you on this form will be used solely for the purpose of race results and identification for health and safety purposes. The information will be available to members of the results team and appropriate race officials and will not be passed to any other person or agency.