

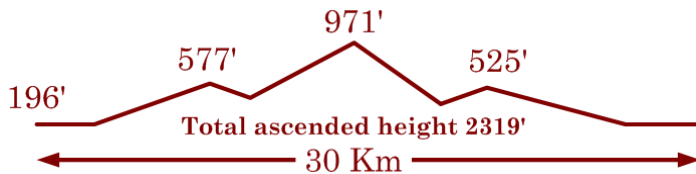


7th
Belper Rugby Rover
30km Run or Walk
16th August 2009

In association with



Sponsored by



A challenging 30km circular run or walk starting and finishing from the Belper Rugby Club's home, 'Strutt's Fields'. The route takes you along the Midshires Way, Roman roads, public footpaths and bridle-ways through the heart of the World Heritage Derwent Valley site and across delightful unspoilt countryside. Ample off road parking, just follow the signs.

Please note this course is NOT suitable for wheelchairs, prams, pushchairs etc

UK ATHLETICS PERMIT APPLIED FOR

Results (race times) will be given on the day and later on the website. Full shower and changing facilities available in the Clubhouse. Refreshments provided along the fully signed and marshalled route. Free car parking – just follow the signs. **Entry number to be collected on the day.** Dogs under owner's full control allowed.

Individual Prizes - 1st Male and 1st Female – Ronhill Windlite jackets sponsored by Four Seasons Outdoors, Green Lane, Belper– plus Male prizes 40/50/60yo and Female prizes 35/45/55yo

Team Prizes - 1st Male & 1st Female team (1st 3 to count)

On the day registration from 08:00 Registration OPEN from 08:00	Walkers Start time 08:00 till 10:00	Runners Briefing 09:15, Main pitch. Runners Start Time 9:30am
--	-------------------------------------	--

For pre-registration please complete the entry form below and mail it with your payment (Cheques Payable to: B.R.U.F.C) 10th August to this address (NO S.A.E required)	Rugby Rover 52 Sandbed Lane Belper Derbyshire DE56 0SJ
--	--

Entry form (please print clearly)

Surname		First Name	
Address		Date of Birth	
		e-mail address	
Post Code		Male / Female	

Emergency Telephone Contact Number (ICE)					
T-shirt requirements	SMALL	MEDIUM	LARGE	X LARGE	DONATE*

New from 2009, the "DONATE" option is available if you would rather donate your shirt to Mountain Rescue.

Only complete this section if you are running the course , Running club (or "N/A")	
Are you affiliated?	
Affiliation number (or "N/A")	

Please circle payment made	Affiliated	Non-affiliated	OAPs and U 16s
Pre-paid	£9-00	£11-00	£6-00
On the day	£10-00	£12-00	£6-00

Declaration, please read and sign. I declare that to the best of my knowledge I am medically fit to compete. I enter at my own risk and agree that the organisers shall not be liable for any accident, injury, loss or damage resulting from my participation.

Signature

Rated 11th best race in the country in Runner's World Magazine readers poll 2006