

Clowne Road Runners present:

Supported by

UP & RUNNING

THE ELMTON CHASE

**Approximately
5 miles taking you
through scenic
countryside
along fields,
lanes and
some road.**



**ENTRIES
ON THE DAY
ONLY £5**

Wednesday **26th June 2019** - Start **19:30**
From the Elm Tree Pub, Elmtou, **£80 4LS**

Prizes:

1st Male, 1st MV40, 1st MV50, 1st MV60 plus male team prize
1st Female, 1st FV35, 1st FV45, 1st FV55 plus female team prize

Name:.....

Address:.....

Telephone Number:.....

Emergency Contact Name & Number:.....

.....

Affiliated Club:.....

Age on Race Day (please circle correct category below):

Male: Senior, MV40, MV50, MV60, MV70 **Female:** Senior, FV35, FV45, FV55, FV65

DECLARATION: I declare that I am medically fit to run and that I enter the run at my own risk. I understand that the organisers will in no way be responsible for any injury or illness incurred during or as a result of the event, or for any property lost stolen or damaged. Minimum age for entry 15 years.

Signed:..... Date:.....