

Hill and Dale Race Series Entry Form 2010

Promoted by Newcastle AC (www.newcastleac.org) Race Number _____ (Official use only)

Full Name (Print) _____

Address _____

Phone No _____ Date of Birth _____

Club _____ ANI Affiliated Club - YES or NO

Next of Kin _____ Telephone Number _____

Email _____

Car Registration _____

Qualified First Aider Yes or No (Please circle appropriately)

Category (Tick below as appropriate)

Male Junior _____ Open _____ V35 _____ V40 _____ V45 _____ V50 _____ V55 _____ V60 _____

Female Junior _____ Open _____ LV35 _____ LV40 _____ LV45 _____ LV50 _____ LV55 _____ LV60 _____

Entry Prices

Seniors: Athletics NI registered athletes – £7.00

Non-registered/Unattached/ Non ANI Affiliated clubs - £8.00

Juniors:- £3

Attention is drawn to the following points

1. **Numbers and pins must be returned after each race or result will not be recorded.**
2. **A Charge will be made for re-issue of lost number.**
3. **Only one form is required to be completed for entire race series**
4. **Non finishers must report to the Start Official before leaving the race.**
5. **Safety equipment required for mountain races (compass, whistle, full body cover) please get in the habit of bringing these to every race**
6. **Navigation skills required on mountain races.**
7. **Car sharing should be used for all races.**

I understand the H&D Race series is held in accordance with the rules and safety requirements of NIMRA. I am aware of the organiser's information and requirements in connection with the race series. I accept the hazards involved in mountain running and acknowledge that I am entering and running each 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 myself or my property arising out of my participation in the race series.

Signed _____ Date _____