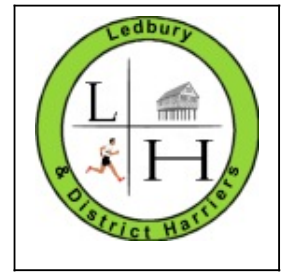




The Magnificent Eastnor Castle Seven



**Start 11:00am on Sunday 15th April 2012
Organised by Ledbury and District Harriers**

**Memento to all finishers, Prizes in Age categories
Plus Men's and Women's Affiliated Club Team Prize**

Start and finish at the Deer Park on the Eastnor Castle Estate an undulating 7 mile rural course over footpaths, tracks and through woodland culminating in the 'Orrible' climb to the Obelisk. There will be a drink station at approximately 4 miles and refreshments at the finish. Ample parking and toilet facilities. More info and copies of this form at www.ledburyharriers.org.uk

Surname:
First Name:

Address:

Postcode:

Telephone No:
Email:

Date of Birth:
Age on day of race:
(Minimum age 16 years)

Affiliated Club:

Fee enclosed please tick:

Affiliated £10.00
Unattached £12.00

Gender: **Male**
 Female

Predicted time: **minutes**

Race Limit: **250**

Declaration
I declare that I am medically fit to run and will in no way hold the Organisers of this event responsible for any injury, illness or accident to my person or loss of property resulting from my participation in this event.
Signature: _____ **Date:** _____

Send your entry form with cheque (made payable to "Ledbury and District Harriers") to: Race Secretary, 1 Coachman's Court, Ledbury, Herefordshire, HR8 2DT (01531 633383). Closing date for postal entries 5th April or when race limit is reached (entries on day £12)

**NO SAE REQUIRED UNLESS YOU REQUIRE CONFIRMATION OF ENTRY.
Race numbers will be given out on the day.**

The race organisers have made an application to the Association of Running Clubs for a race permit. A Risk Assessment of the course will also be available. A First Aid organisation will also be present on the site.

Photographs may be taken on the day, should you **not wish** to receive any photographs or **be notified** of any future club events, please tick the box:

Data Protection Act: We advise that the information on the entry form is stored on a computer. Your name will be included in the result's section of the clubs web site and your e-mail address used to advise you of event updates.