

Ludlow Runners

proudly present the

MORTIMER FOREST HILL RACE

Category (BM) (pm) under UK Athletics Rules

Supported by Moor Park School & the Forestry Commission

Sunday 13th December, 2009

11.00 am from MOOR PARK SCHOOL, OVERTON, NEAR LUDLOW

Grid Ref: 502715 O/S Sheet 137 (off the B4361 south of Ludlow)



Approx. 10 miles (16km) - 1700ft (520m) of ascent

Prizes in all categories:

1st, 2nd, & 3rd Male, 1st Male Vet, 1st Male 50, 1st Male 60, 1st Male Team
1st, 2nd, & 3rd Female, 1st Female Vet, 1st Female 40, 1st Female 50, 1st Female 60, 1st Female Team

Parking & Registration: Moor Park School Facilities: toilets, changing, showers & hot food

IMPORTANT: Parking is very limited so please car-share where possible

Advance entry fee: £5.00

Entry on the day: £6.00

Please send completed entry form, **with A5 SAE** and cheque payable to 'Ludlow Runners', to:

Russell Mapp, 44 Clee View, Ludlow, Shropshire, SY8 1HY (Tel. 01584 874538)

Please mark envelopes 'Mortimer Hill Race'

For maps and race instructions visit our website: www.ludlowrunners.org

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Name: Club:

Address:

Post Code: Tel. (include code)

Male/Female: Date of birth: (dd/mm/yy):

Age on Race Day: (Runners must be 18 or over on race day)

I declare that I am medically fit to run. I understand that I enter and run at my own risk and that the organisers will not be held responsible for any loss, injury or damage that may occur.

Signed: Date: