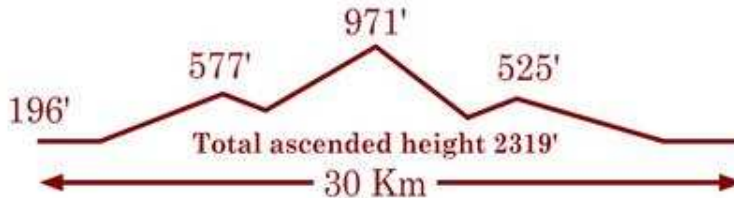




**8th
Belper Rugby Rover
30km Run or Walk
15th August 2010**



Sponsored by



A challenging 30km circular run or walk starting and finishing from the Belper Rugby Club's home, 'Strutts Fields'.
 'T' for ALL pre-entered finishers – **LIMITED** 'T' shirts available on the day for Day-entry finishers
 Ample free off road parking– just follow the signs. Dogs under owner's full control allowed.
 Please note this course is **NOT** suitable for wheelchairs, prams, pushchairs etc

THE ASSOCIATION OF RUNNING CLUBS (ARC) PERMIT No: ARC10/125

Full changing and shower facilities available in the Clubhouse. Refreshments provided along the fully signed and marshalled route. **Entry number to be collected on the day.**

Individual Prize's - 1st Male and 1st Female – Sponsored by www.RaceKit.co.uk

Plus Male prizes 40/50/60 and Female prizes 35/45/55) age on race day – Sponsored by www.RaceKit.co.uk

Team prizes - 1st Male & 1st Female team (1st 3 to count) - Sponsored by www.RaceKit.co.uk

Day spot prizes – Sponsored by www.fourseasonsoutdoors.co.uk

Registration OPEN from 08:00	Walkers Start time 08:00 till 10:00	Runners Briefing 09:15, Main pitch. Runners Start Time 9:30am
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For pre-registration please complete the entry form below and mail it with your payment (Cheques Payable to: B.R.U.F.C) BEFORE 6th August to this address (NO S.A.E required)	Rugby Rover 52 Sandbed Lane Belper Derbyshire DE56 0SJ
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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*

***2010, the "DONATE" option is available if you would rather donate your shirt value to Derby Mountain Rescue Unit.**

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 entry	£9-00	£11-00	£6-00
On the day entry	£10-00	£13-00	£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