

# Forest of Dean Athletic Club

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## Mallards Pike 5 Mile

Multi Terrain Event & family fun run around the lake

**Wednesday June 18th 2014 - Start 7.00pm**



**Mile Event: £6.00/£8.00 (attached/unattached)**

Minimum age of 15 (on race day) for 5 mile event

**Fun run around the lake - £2.00 for kids - £6.00/£8.00 adults**

Young runners will need to be accompanied by an adult please.

Adults accompanying their children pay no entry fee

**7.00pm - Fun run - 1 lap**

(U9 race will start 10m forward of the fun run)

**7.00pm - Canicross Trailrunners Class**

**7.15pm - U11 race - 1 lap**

**7.30pm - 5 Mile Event**

**7.35pm - U13/ U15 race - 2 laps**

**8.30pm - Prize giving ceremony**

**Enquiries & Entries to Jacqui Wynds 07917 008 187 or email: jacqui@commercial.co.uk**

Please complete the below form and return, along with an S.A.E and payment, to:

The Cottage - Hillersland - Coleford - Glos. - GL16 7NY - Cheques to be made payable to "FODAC"

Entries will also be accepted on the night.

**ENTRY FORM**

Surname \_\_\_\_\_ Date of Birth \_\_\_\_\_

First Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Club \_\_\_\_\_ Sex M / F UKA No. \_\_\_\_\_

Category U9 U11 U13 U15 Senior Vet (over 40)  
(please circle)

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Tel. No. \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_