

# ALLENDALE 8 + Fun Run

## Saturday 30 May 2009 at 2pm



A 8 mile Road Race under ARC Rules.  
(Minimum age 16 years on day of Race)



*Held in conjunction with Allendale Village Fair - Bring the whole family for a great day out*

### START & FINISH

Allendale Village, Market Square

[www.allenvalleystriders.co.uk](http://www.allenvalleystriders.co.uk)

### ROUTE

On SCENIC public country roads in an Area of Outstanding Natural Beauty. Undulating.  
2006/7 Calor Village of the Year for England

### CHANGING & PARKING

Limited changing facilities available  
Ample parking less than 1/2 mile to start/registration. Park and Ride also available  
Follow signs to car park - Please do NOT travel through the Village

### AWARDS

Male, Female, Teams & Veteran prizes  
No runner may claim more than one individual prize

### FIRST LOCAL MAN & WOMAN

Commemorative gift to all finishers. Lucky Dips incl DVD player

### ENTRY FEE

UKA £9.00, Unattached £11.00

Cheques payable to Allen Valley Striders

### CLOSING DATE (for postal entries)

23 May 2008

### ENTRIES ON DAY

Will be taken at Allendale Start +£1.50. Eligible for prizes

### ENTRIES TO

Brendon Jackson, 3 Shield Street  
Allendale, Hexham NE47 9BP.

CONTACT: [allenvstriders@aol.com](mailto:allenvstriders@aol.com) OR  
01434 618 528

### NO SAE required

Collect number on the day.

## 1 Mile Junior FUN RUN

**£1.50 entry fee 1:30pm start**

**Enter on the day**

ENTER ONLINE AT  
**RUNNERS'**  
WORLD

### ALLENDALE 8 - Entry Form

**BLOCK LETTERS PLEASE**

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Date of Birth (dd/mm/yy) \_\_\_\_\_ ARC/UKA Club \_\_\_\_\_

Tick applicable Male  Female  ARC/UKA Reg. No. \_\_\_\_\_

Age on day of Race \_\_\_\_\_

Entry fee UKA - £9.00  Unattached Entry Fee - £11.00

**Cheques payable to ALLEN VALLEY STRIDERS**

I AM MEDICALLY FIT TO RUN AND TAKE PART AT MY OWN RISK. I UNDERSTAND THE ORGANISERS WILL IN NO WAY BE HELD RESPONSIBLE FOR ANY INJURY, ILLNESS OR LOSS OF PROPERTY.

SIGNED \_\_\_\_\_