



SHILLINGSTONE 5 MILE HILL RACE

Under UKA rules UKA Permit no 2010-100748

Bank Holiday Monday 30th August at 2:15 pm Shillingstone Playing Field

Shillingstone is on the A357 Sturminster Newton to Blandford road just south of Sturminster Newton. The race is an event at the **Shillingstone Family Sports Festival**. It is a 5.3 mile run almost entirely off road. The route climbs over 500 feet to the summit of Okeford Hill. An undulating section is followed by a steep descent to the finish.

Categories: Male, Female

**Prizes: 1st, 2nd, 3rd Male and Female
1st Male and Female Veteran
1st Shillingstone resident**

**Entry fees £4.00 UKA registered £6.00 unregistered plus £1 on the day
CD for postal entries 28th August 2010**

Facilities: Car parking, changing, and refreshments will be available at the start/finish.

Name:		DoB:	Age: Min age 15
Category (circle one)			
Male Under 40	Male 40 or over	Female Under 35	Female 35 or over
UKA Club:		UKA Registration Number	
Address:			
Post Code:		Phone and/or e-mail:	

I declare that I am an amateur as defined by UKA. I agree to abide by the current laws and rules of competition of UKA and any local rules. I agree not to hold the organisers or sponsors responsible in any way for any injury or loss as a result of my participation in this race.

Signature:	Date:
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For further details and entries ring 01963 370587, visit www.dorsetdoodlers.org or write enclosing a SAE to Roger Phelps, The Bowery, Chapel Lane, Yenston, Templecombe, Somerset BA8 0NH. Entries without SAE can collect number on the day.