

The Delamere Forest Trail Running Series 2008



The Delamere Forest Trail Running Series 2008 consists of 4 mid-week events and the course will vary for each of the events. The start location will be Whitefields car park opposite Linmere lake. The dates of the series are:

			RUN	WALK	FUN RUN
May 15th	YES	NO			
June 12th	YES	NO			
August 7 th	YES	NO			
September 4 th	YES	NO			

Highlight clearly which event(s) you wish to participate in.

Online entry for this event is available at www.EpicEvents.org

Name _____ M F

Address _____

Mobile _____ Email _____

AAA affiliated Club _____ Age on day _____

Cheques (£8 per race) made payable to 'TheEnduranceCoach Ltd. and mailed to:
Epic Events, Thatto Cycles, St Helens, Merseyside, WA9 5PL. Closing date for
postal entries will be the Monday prior to each event, all races limited to 250 runners,
entries on the day only if places available.

Please include a stamped addressed envelope for your race number and pre-race instructions. All event details will be available at www.EpicEvents.org including a full list of participants and results post-race.

Please read: I enter this event at my own risk and confirm that I have no medical conditions or injuries which will affect my participation. I will not hold the organisers responsible for any injury, loss or damage to personal equipment as a consequence of taking part in the event (parent to sign for U18 – minimum age 16 years)

Signed _____ Date _____