

Your Name:			
Club:			
Your email address:			
Emergency Name:		Tel:	
Address:		Birth Date: DD / MM / YY	
		Age on race day: years	
		Tel:	
Include some race times to assist in handicapping:			
Park Run 1:	Venue:	Rough Date:	Time:
Park Run 2:	Venue:	Rough Date:	Time:
Park Run 3:	Venue:	Rough Date:	Time:
Local fell race times. E.g. Trunce, Grindleford, Topley, Hathersage			
Race 1:	Name:	Rough Date:	Time:
Race 2:	Name:	Rough Date:	Time:
Race 3:	Name:	Rough Date:	Time:
Local road race times. E.g. 10k, 5k, Percy Pud, Sheffield Half			
Race 1:	Name:	Rough Date:	Time:
Race 2:	Name:	Rough Date:	Time:
Race 3:	Name:	Rough Date:	Time:
Name someone who:			
1) Is just better than you:			
2) You normally just beat:			
3) You normally finish neck and neck with:			
Any other info you would like to add:			
I understand the declaration below. I am at least 18 years old.			
(Sign here) _____ No confirmation will be sent			
We will take reasonable precautions to ensure that the event is safe, but please note, the course crosses four busy roads plus the famous Den Bank is very steep. Please take care			