



## BAWTRY FOREST TRAIL RUN

### + *FAMILY RUN 2016*

*Under UK/A Rules*

**Sunday 11<sup>th</sup> September, 2016 at 10.30am**

A superb multi-terrain Trail Run of approximately 7 miles that's run entirely within the beautiful Bawtry Forest (Family run of approximately 2 miles)

Revised Course this year - There's more trail and less road!

**TECHNICAL TEE-SHIRT INCLUDED IN BUMPER GOODY BAG!**

Trail Run £12.00/ Unattached Runners £14  
(There is an additional £2 for entries on the day)

Postcode for your Satnav DN10 6NJ

A Donation to the British Heart Foundation will be made

Family Run £3 (start 10.45am)



Big thank you to our sponsors!



# BAWTRY FOREST TRAIL RUN/ Family run (delete as appropriate)

Surname:			Forename:	
Address:				
Postcode:			Telephone No.	
Email Address:				
Date of Birth / /		Age on Day of Race:		M F
Club Name:				
All Cheques Payable to <b>Maltby Running Club</b>				
I am medically fit to run and understand that I enter at my own risk. The organisers cannot be held responsible for any loss or injury incurred during or as a result of this event.				
Signature:			Date:	
Parent's or Guardian's signature (if entrant is under 16):			<b><i>The organizers reserve the right to modify the course should factors affecting the health and safety of participants and/or marshals arise.</i></b>	

**Entries with sae to:**  
**Brian Lowndes, The Cottage, Slaynes Lane,**  
**Misson, Doncaster DN10 6DY**  
**Telephone: 01302 711835**

