

APEDALE COMMUNITY COUNTRY PARK



8k Orienteering Race/Fun Run Sunday 19th February 2012



APEDALE COMMUNITY COUNTRY PARK, LOOMER ROAD, CHESTERTON, NEWCASTLE ST5 8BD
SUITABLE FOR THE SERIOUS AND NOT SO SERIOUS RUNNERS ALIKE!!!
FAMILY FRIENDLY TOO!!

Why not try something different as part of your pre-season warm up? An 8k run around the woodland trails of Apedale Community Country Park, including one or two bits of hill work, whilst at the same time locating and recording the required information. This race explores parts of the park not visited by the Newcastle Dales Dash. This race is not just all about speed, it also requires a sense of direction, although no real map reading skills are needed, but might prove to be a help. Route Maps will be provided on the day along with pencils!!! People can enter and race in pairs if they wish, or as a family (**if children are under 12**).

A competitor/team will be set off in each direction at 1 minute intervals, with the first competitors going off at 10.30a.m.

First aiders will be in attendance on the day, at the visitors centre, and hot and cold refreshments will be available at the adjacent Heritage Centre, along with toilets and changing facilities. Drinks and hot food will be available at the finish.

Excellent car parking facilities.

RACE ENTRY FEES: £6.00 per person before 31st December 2011, £8.00 per person thereafter, family £15.00, including a limited number of places on race day, subject to availability.

NAME _____ TEAM _____

AGE [as at 31.12.11] _____ D.O.B. _____ SEX _____ (minimum age 8 years)

ADDRESS _____

POST CODE _____ TEL No: _____ EMAIL _____

CLUB _____ Normal Time for 5K _____

Please complete all the above details as race information will be issued by email.

Under the Terms of the Data Protection Act the information provided will only be used for the purposes of this race, keeping you informed of any further race information and also to inform you of any future events which may be arranged by Apedale Country Park or in association with Staffordshire County Council.

Please make cheques payable to: Staffordshire County Council & put your name and address on the back. Race information will be emailed out approx 1 week before the event, however, if you should require a postal copy please include a stamped addressed envelope.

PRIZES - There will be prizes for male & female categories as well as one or two spot prizes
The money raised is primarily to help fund the cost of improvement projects which we would like to undertake at the park, for which no central funding is available.

I hereby declare that I understand and accept that I will take part in this event at my own risk and confirm the event organisers, Staffordshire County Council and their associates will not be liable for any loss or damage to any personal property, nor any personal injury, claim or expense which may arise as a consequence of my participation in this event. I confirm I will stick to the main pathways and take due care and attention of the underfoot condition at all times. I confirm and self certify that I am in good health and of sufficient standard of fitness to be able take part in such an event.

Signed _____ NAME _____ Date _____ *Competitor/Legal Guardian
If under 16 years of age, application must be signed by Parent or Legal Guardian. *delete as appropriate / Parent

Please post entries to: Gary Heppleston, 81 Moorthorne Crescent, Newcastle under Lyme, Staffs ST5 8HR.

For further information contact: Gary Heppleston on (01782) 662967 or Rangers Office, Apedale Community Country Park, Loomer Road, Chesterton, Staffs, ST5 7RR on (01782) 632350.