



ORSTON

Spring dash



REGISTRATION FORM

First name :		Last name :	
Unique Ref. No. :	(affiliated runners only)	Running Club :	
Address :			
Contact number :		Email :	
Date of birth :		Gender :	
How did you hear about our event :	Previous entrant / Flyer / Through running club / Other :		

Race Registration Fee

Unaffiliated - £15 (£18 on the day)

Affiliated - £13 (£15 on the day)

Cheques payable to Orston Spring Dash or by BACS payment: **Bank details:** Sort code 54-10-23 Account number: 12321869

Further information – please read, sign and date:

1. The run is on mixed terrain – roads, an unmade lane and pavements. The run will, therefore, be on an uneven and possibly muddy surface. Please do wear appropriate footwear.
2. As the run will be, in places, on narrow country lanes we request that you do not run in a bunch. Please run carefully and responsibly on the left hand side of the road and keeping a sensible distance between yourself and the runner ahead. Always use a pavement if one is available.
3. If you are likely to require any medication during the run please carry it with you and inform the organisers at registration on the day on the event.
4. Please park considerately on the day on the event. Parking is available behind Orston Village Hall and at the Durham Ox next door to the school. No vehicles should be brought into the school playground.
5. Please note: online registration will close on Friday 10th May 2019 at 5pm. Registration on the day will close 15 minutes before the start of the race (9.45am).

I understand that I enter the race at my own risk and that no person(s) or organisations will be held responsible for any accident, injury or loss to myself prior to, during or after the event.

I declare myself to be medically fit to enter the race.

I understand the organisers reserve the right to alter the arrangements and conditions should circumstances require.

Name (signed) _____

Name (printed) _____

Date _____



Under UKA Rules,
licence number pending

Good luck!

Please return to:

Orston Spring Dash
The Manor House
Flawborough
Nottinghamshire
NG13 9PA