

# Hellhole 10km Multi-Terrain Race

PERMIT  
NUMBER:  
2011-102287



www.derwentside-ac.co.uk



**Sunday 9th October 2011**  
**10.00am**



**10k multi-terrain (approx.) on country roads, public footpaths and passing through Hellhole Wood**



**Race HQ, The Louisa Centre, Front Street, Stanley, Co. Durham DH9 0TE**  
SHOWERS, CHANGING FACILITIES, REFRESHMENTS  
AND AMPLE FREE PARKING

Memento for all finishers  
INDIVIDUAL, VET AND TEAM PRIZES



**Entry Fees: 10km race £10 attached; £12 unattached**

Entry on the day £2.00 extra

Closing date for postal entries: 30<sup>th</sup> September 2011

Please make cheques payable to Derwentside AC  
(include a 9" x 6" SAE) to:

Derwentside AC, c/o Race Secretary, 29 Bradbury Close, Tanfield Lea,  
Stanley, Co. Durham DH9 9PE

---

Please enter me for the 2011 Hellhole 10k Race

Surname:..... Forename: .....

Address:.....

Postcode: ..... Telephone Number: .....

Date of Birth:..... Age on : .....

Male/female:.....email address:.....

Name of UKA Affiliated Club (if applicable).....

England Athletics Membership No.....

*Please note: Competitors must be 16 years or over to enter the 10km race*

**Declaration:** I am an amateur as defined by UKA Rules and agree to abide by their laws and rules. I am medically fit to run and understand that I participate entirely at my own risk. I will in no way hold the organisers responsible for any injury or illness to my person during or as a result of the event, or for any property lost on the course, clothes area or in the vicinity of the event.

Signature: ..... Date: .....

Countersigned by Parent/Guardian if under 18 .....