

Nutfield Village Road Racers



affiliated to the Association of Running Clubs

ROAD RACES ENTRY FORM - JUNIOR & SENIOR RACES & WALK EASTER MONDAY 5th April 2010

ALL PARTICIPANTS PLEASE NOTE: RULES FOR ROAD SAFETY ON THE REVERSE – IT IS ESSENTIAL THAT ALL THOSE TAKING PART READ THIS PRIOR TO COMPLETING AND SIGNING THE FORM.

Race Details - Please tick race to be entered.

<p>JUNIOR RACE: 10.30am (Half mile) Age 9 or older at 5/4/10 Please enter school year <input type="text"/></p>	<p>SENIOR RACE: 11.00am (Standard 5 mile route) Age 16 or older at 5/4/10 If you have run this race before which was the last year you ran? <input type="text"/></p>
<p>WALK: 10.15am (5 mile route) No age limit but not advisable for young children Estimated walking time <input type="text"/></p>	<p>SENIOR FUN RUN: 10.55am (3.5 mile route) Age 14 or older at 5/4/10</p>

NB: All events start & finish outside The Station Hotel, South Nutfield

Personal Details - Please fill in your details in block capitals.

SURNAME: FIRST NAME: Male / Female

ADDRESS:

..... TEL No

DATE OF BIRTH: EMAIL ADDRESS:

(if applicable) MEMBER OF TEAM
(Enter name of Club, Society, etc. which must be a recognised village organisation)

or MEMBER OF FAMILY TEAM

Declaration

Please tick that you have read the Safety Rules, and one other box.

- I have read and understood, and shall abide by the Safety Rules shown overleaf.
- I am a member of Nutfield Village Road Racers (all 2009 racers/walkers are automatically members and continue to be covered by the ARC insurance).
Entry fee £2 for senior races, £1 for junior race and walk (per participant). (Includes renewal membership of NVRR.)
- I am not a member of Nutfield Village Road Racers or any other ARC affiliated running club and understand that by signing this declaration I will become a member of the NVRR and will be covered by the insurance offered by the Association of Running Clubs for the duration of the race.
Entry fee £3 for senior races, £2 for junior race and walk (per participant). (Includes £2 mandatory insurance cover.)

I enclose entry fee of

SIGNATURE

If under 18 years of age, a parent or guardian should countersign.

PARENT / GUARDIAN

Junior competitors should be between 9 years of age and under 14 years on 5th April 2010.

All entrants must be resident within the boundaries of the Parish of Nutfield OR a previous competitor in a Senior race OR a pupil at Nutfield Church Primary School with respect to the Junior race.

NB. For safety reasons, once the race has started, in the event that you feel you have to pull out of the race would all participants please advise the nearest marshal or race official.

PLEASE RETURN THIS FORM TO ONE OF THE FOLLOWING COLLECTION POINTS IN SOUTH NUTFIELD:
Holborn Corner Stores; The Station Hotel; Dave Setters, Upton Hollies, The Avenue.

ENTRY FORMS TO BE RETURNED NOT LATER THAN Friday 26TH March 2010

Race Secretary: Dave Setters, Upton Hollies, The Avenue, South Nutfield. 01737 822271 davidsetters@hotmail.com

RULES FOR ROAD SAFETY

In the modern Health and Safety climate, the Road Race Committee is insistent that participants note these comments and observe the advice given. The committee members are all volunteers and organise this event in their own time for the enjoyment of the entrants and to continue the village tradition. We do have insurance for the event but the committee and the individual members of the committee do not accept any liability for personal injury or safety. The most basic human instinct is self preservation, and you must exercise this sense for yourselves, particularly as you become more tired during the race.

1. You must comply with the Law and the Highway Code.
2. Use pavements or footpaths wherever possible.
3. Elsewhere, ALWAYS run on the right hand side of the road, except as indicated at item F below.
4. Take special care on right hand bends where on-coming traffic cannot see you.
5. When you are running in a group, run in single file.
6. Take care when overtaking.
7. Take care at junctions and when meeting horses.
8. The Law states that you must allow free passage to vehicles. If necessary, stop running and step off the road to allow cars to pass.
9. If possible, wear some form of fluorescent clothing so that you can be seen more easily.
10. Always obey instructions from the Race Marshals, even if you lose a little time.

In particular we ask you to note the following:

- A. At all times use your natural human instinct of self preservation to be observant and to take all reasonable care during the race.
- B. We advise that the ascent of the hill in Mid Street should be taken up the footpath, rather than up the road.
- C. At the top of the hill in Mid Street it is better to follow the footpath to the top and then cross, rather than cutting short across the top of the road.
- D. The pavement is very uneven just outside the Crown Inn in the High Street.
- E. The maintenance of road surfaces by the Highway Authority has been increasingly poor in the recent years, so there are many uneven areas and pot-holes. It is not possible for the committee to specify all of these areas, so runners must use their own observation.
- F. Runners must be very aware as they approach blind corners. There are several difficult bends on the downhill section from top Nutfield, but in particular we would highlight the last bend prior to turning right into Moats Lane, where there is a long section with poor visibility and hedges close to the road edge on the right side, so it is more difficult to move out of the path of approaching cars – we advise that runners should consider crossing the road to the left side prior to this bend.

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