

Runner Number:  
(to be filled in on race day)

# Nutfield Village Road Racers



affiliated to the Association of Running Clubs

## SENIOR RACE ENTRY FORM

**PLEASE COMPLETE AND RETURN WITH ENTRY FEE BY SUNDAY 14<sup>th</sup> APRIL - NO ENTRIES FOR THE SENIOR RACE WILL BE ACCEPTED AFTER THIS DATE!**

**Race details**

**Date:** EASTER MONDAY 22<sup>nd</sup> April 2019    **Start time:** 11am (please arrive at registration desk 30 minutes earlier)

**Length:** 5 miles

**Start and finish location:** outside The Station Pub, South Nutfield

**Age restrictions:** 15 or older at 22/4/19

**Other restrictions:** all entrants **must** meet **one** of the following criteria - please tick whichever apply, and give further details if you are not currently a resident:

- resident within the boundaries of the Parish of Nutfield OR
- previous competitor in any of the Nutfield road races: I last took part in the year.....OR
- current member of village club/organisation: I am a member of .....

**Personal Details** Please complete in block capitals

SURNAME: .....FIRST NAME: .....Male/Female

ADDRESS:.....

TEL No.....EMAIL ADDRESS.....DATE OF BIRTH:.....

**Emergency Contact Details**

NAME:.....RELATIONSHIP TO YOU.....

PHONE NUMBER (at which person named above can be reached on race day).....

**Race Team Memberships** Let us know if you are taking part in the race as part of a family or any other team!

I am running as a member of the..... TEAM

**Declaration**

**Please tick top box when you have read the Safety Rules overleaf, and ONE other box**

- I have read and understood, and shall abide by the Safety Rules overleaf
- I am a member of Nutfield Village Road Racers (NVRR) or another ARC affiliated running club (all NVRR 2018 racers/walkers are automatically members and continue to be covered by the ARC insurance for 2019)\*. OR
- I am not currently 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 ARC for the duration of the race\*\*.

**Entry Fees**

\*Members of Nutfield Village Road Racers or an ARC affiliated running club.....£2

\*\*New Members of Nutfield Village Road Racers.....£3

I enclose entry fee of

**SIGNATURE** .....

If **under 18 years of age**, a parent or guardian must also sign: ..... PARENT / GUARDIAN

**PLEASE RETURN THIS FORM AND YOUR ENTRY FEE TO ONE OF THE FOLLOWING COLLECTION POINTS:**

- Jo Gaywood, Bramble Cottage, The Avenue, South Nutfield, or
- Holborns Corner Store

**BY SUNDAY 14<sup>th</sup> April AT THE LATEST– no entries for the senior race will be accepted after this date!**

Any queries please contact Jo Gaywood, email [jo\\_gaywood@hotmail.com](mailto:jo_gaywood@hotmail.com)

For extra copies of this entry form please visit <http://www.nutfieldlink.co.uk/roadrace>, where you can also read about the history of the races and see photos from previous years!

### **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.
11. Please complete and wear on the reverse of your Runner's number, the emergency contact form, available at Race Registration.

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.

***NB. For safety reasons, once the race has started, in the event that a participant feels they have to pull out of the race would they please advise the nearest marshal or race official.***

# **Nutfield Village Road Racers**



*affiliated to the Association of Running Clubs*

## **PLEASE KEEP THIS PAGE AS A REMINDER OF THE RULES AND START TIMES**

### **ROAD RACES: EASTER MONDAY 22<sup>nd</sup> April**

**All Races start/finish outside The Station Pub, South Nutfield. Please arrive at the registration desk 30 minutes before your race start time:**

**10.30am: Junior Race**

**11:00am: Senior Race**

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