

# **The Crich Monument 10K**

## **Saturday 17 July 2010 - 1:00 pm**

Come and join in on Carnival Day for this scenic off road assault on the Famous Crich Monument. This testing course, starting on the Carnival Green, takes you from the Green, along Coasthill, across the Tors to Hagg Hill, down the mineral Railway track to Cromford Canal, through to Whatstandwell, up to Wakebridge, before scaling the Monument Hill, then a fast decent back to the Carnival Green (approx 1,000 ft of Climb).

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| <p>ENTRY INFORMATION      LIMIT 200</p> <p>FEEES:                    £6.00 UKA Affiliated</p> <p>                                 £8.00 Unattached</p> <p>                                 £25.00 Per Team 4</p> <p>Closing Date for entries      10th July 2010</p> <p>Entries to: Mr. Paul Woodhouse<br/>c/o 10 Hodder Close<br/>Crich<br/>Derbyshire<br/>DE4 5NH</p> <p>Enquiries to Tel: 07952 840619</p> <p>Cheques made payable to " POST OFFICE LTD "<br/>Please inc      6"x 9" S.A.E for Reply</p> | <p>PRIZES      UNIQUE CRICH GIFT TO ALL FINISHERS</p> <p>MALE      1ST, 2ND, 3RD</p> <p>FEMALE      1ST , 2ND, 3RD</p> <p>FIRST LOCAL MAN</p> <p>FIRST LOCAL WOMAN</p> <p>FIRST TEAM HOME.</p> <hr/> <p>WELL MARSHALLED<br/>CAR PARKING<br/>BAGGAGE SECURITY<br/>WATER STATIONS<br/>NO SHOWERS</p> |
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### **CRICH MONUMENT 10K RACE ENTRY FORM**

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

POSTCODE \_\_\_\_\_

SEX (M/F) \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

UKA AFFILIATED CLUB \_\_\_\_\_

IF YOU ARE RUNNING AS PART OF A TEAM INCLUDE THE TEAM NAME \_\_\_\_\_

I declare that I am medically fit to run and that I enter the Crich Monument 10k entirely at my own risk. I understand that the organisers or sponsors will not be responsible for any injury or illness incurred before, during or as a result of the event, or for any property lost, stolen or damaged. Minimum age for entry 16 years. This event is held under England: A rules.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**RACE ENTRY FEE £** \_\_\_\_\_

All proceeds are to be split between Crich Fete and Local Charities

**GIFT AID**

I would like Crich Fete to reclaim the tax on my Entry

Please Tick

