

# Long Duddon Valley Fell Race **2010**

Date: **5 June 2010 at 11am**

Minimum age: **21**

Entry fee: **£6 pre-entry or £7 on day**

Cheques payable to: **Duddon Race Committee A/C**

Category please circle one

Men                    M                    MV40                    MV50                    MV60

Women                W                    WV40                    WV50                    WV60

Surname .....

Forename .....

Address .....

.....

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Club .....

Phone .....

Car Registration .....

I understand this race is held in accordance with the rules and safety requirements of the FRA. I am aware of the organiser's information and stipulations and I accept that any injury occurring to me during the course of the race is in no way the responsibility of the race organiser. I am aware of the organiser's stipulations for full body cover, map and compass to be carried or worn. I am above the minimum age for the course entered (stipulated above).

**Any "e" card that is lost by me will be paid for at a charge of £30.00**

Signed .....

Please send entry forms and a cheque for £6 per person to:

**James Goffe, High Hurst, Ulpha, Broughton-in-Furness, Cumbria LA20 6DZ**

For more information, see [www.duddonvalleyfellrace.org.uk](http://www.duddonvalleyfellrace.org.uk)