

THE MOORLAND MULTI-TERRAIN



**A 10K Community Challenge
from the Avon Riding Centre**
(Kings Weston Road, Henbury, Bristol, BS10 7QT)
11am Sunday 24th January 2010

A great opportunity to enjoy the delights of Moorgrove Wood and Lawrence Weston Moor and to contribute to an excellent charity, which offers riding therapy to both disabled adults and children.

This exciting new course, of approximately ten kilometres, includes short grass around Moorgrove Wood, jumps, a canter track, woods, potentially slippery descents, rough grazing on Lawrence Weston Moor "one of the few remaining fragments of the marshes, which used to stretch all the way from Blaise to Avonmouth" - should be wet! - tarmac of the Severn Way over the M5 and under the M49, grass alongside a rhyne, a track (probably muddy and wet) under the motorways, a stretch of tarmac cycle track, rough paths back to the marsh, a grassy climb, a sharp slippery scramble and an ascent of the canter track to the finish.

The race organised by the Avon Riding Centre for the Disabled (registered charity no. 281648) in association with Town and Country Harriers will be held under Trail Running Association (TRA) rules; permit applied for.

Refreshments will be available after the race, and there will be water and first aid at the finish.
Limited changing facilities - no showers

Prize Categories: M&F 16-24, 25-39, 40-49, 50-59, 60+ Goody bags for all finishers.

Entries: £6 (£8 unaffiliated) £2 extra on the day (if race not full)
Race limit: 250. Closing date for pre-entries: 19/01/2010

Cheques made out to Avon Riding Centre and an S.A.E. should be sent to Libby Bloor at
161 Wellington Hill West, Henleaze, Bristol BS9 4QW

Telephone Race Director for details of race on 0117 9624088 or e-mail chris_bloor@tiscali.co.uk

First Name Date of Birth/...../.....
Surname Age on Race Day
Address Gender
..... Affiliated Club.....
..... E-mail.....
Postcode Telephone.....

DECLARATION

I declare that I am medically fit to enter this race. Under no circumstances will I hold the organisers of the race or the owners or occupiers of the land over which the race takes place liable for any accident, loss or damage as a result of my participation in the Moorland Multiterrain. I understand that parts of this course are on paths that are not rights of way. I agree to my name being published in the pre-entries and results

Signed Date/...../..... Entry fee