



THE MELLS SCENIC 7

SUNDAY 29th September 2013 11am, Mells Cricket Club

RACE14 in the Somerset Series 2013 - run under UKA rules England Athletics Permit Number: 2013-9347

This **7ish mile trail race** comprises approximately 5 miles of footpath/bridleway and 2 of quiet country lanes, starting and finishing in the historic village of Mells (near Frome), and featuring the beautiful countryside of East Somerset. See <http://www.fromerunningclub.org.uk> for more details

ENTRY FEE: £8.00 UK affiliated runners £10.00 Unattached runner £2 EXTRA ON THE DAY

PRIZES FOR:

**1st, 2nd in each category (one prize per winner).
Spot Prizes. Memento for all finishers.**

Closing Date for Postal Entries: Friday 20th September 2013

MINIMUM AGE: 16 Years on the race day

CAR PARKING • REFRESHMENTS

LIMITED SHOWER AND CHANGING FACILITIES

COMPETITORS' BAGGAGE STORAGE AVAILABLE

Part of the Somerset Series 2013 (Race number 14). The next race is the Burnham Half Marathon on Sunday 6th October 2013 (Race Number 15)



Send your entry form to: Mells Scenic 7, Crows Nest, Holly Hill, Batcombe, Shepton Mallet, Somerset, BA4 6BL

Last Name: First Name:

Address:

..... Post Code:

Tel: E-mail:

DOB: Age on race day: M/F: Affiliated Club:

UKA No : I enclose entry fee of £ and a 9" x 6" SAE

Affiliated £8 Non Affiliated £10 Cheques payable to Frome RC (£2 extra on the day)

I declare that I enter at my own risk and that no person(s) will be held responsible for any injury or loss to me prior to, during or after the event and that I am medically fit to participate in this event.

Signature: **Date:**

DATA PROTECTION ACT: please note that the above information will be processed electronically and used for administration purposes. Names and finish times may be sent to results services. Please tick the box if you do not wish such information to be disclosed.