

ANNALONG HORSESHOE SATURDAY 15th MAY 2010

REGISTRATION

Registration will be at Dunneywater between 9.30 -10-30 on race day where runners will receive their race numbers and hired 'dibbers'. **All runners will have their kit checked by race organisers prior to the start.**

EQUIPMENT

All runners must carry;

- a) Whistle
- b) Compass
- c) Map of the entire course (Mournes Outdoor Pursuits Map) **Black & White photocopy not acceptable.**
- d) Emergency rations equivalent to one mars bar (minimum)
- e) **Waterproof garments affording complete body protection. Jacket must be waterproof and have a permanent attached hood.**
- f) Hat and gloves

If you are unsure if your kit complies with the above, contact the organisers on annalonghorseshoe@gmail.com before Friday 14th May to assist with clarification.

Non-compliance with equipment requirement carries automatic disqualification.

S.I. NUMBER _____

RACE NUMBER _____

ANNALONG HORSESHOE SATURDAY 15th MAY 2010

REGISTRATION FORM

FULL NAME _____ AGE _____

CLUB _____

CATEGORY (TICK BELOW AS APPROPRIATE):

MALE OPEN _____ V40 _____ V45 _____ V50 _____ V55 _____ V 60 _____

FEMALE OPEN _____ LV40 _____ LV45 _____

ADDRESS _____

PHONE NUMBER _____ VEHICLE REGISTRATION _____

I understand that 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 over 18 years of age.

SIGNED _____