



# GREAT WESTERN RUNNERS

PRESENT THE



## 2020 GWR TOWPATH SERIES

Three 10K RACES AND A FINAL 5K, HELD UNDER ARC RULES: PERMIT: ARC TBC

**START:** THE ASHTON GATE UNDERPASS (THE GRASS AREA AT THE START OF THE TOWPATH) – O.S. Ref: ST 56475 71946

### RACE DATES (ENTRY LIMIT 400):

RACE 1 – 10K:	FRIDAY 12 JUNE	@ 7.30 PM
RACE 2 – 10K:	FRIDAY 10 JULY	@ 7.30 PM
RACE 3 – 10K:	FRIDAY 31 JULY	@ 7.30 PM
RACE 4 – 5K:	FRIDAY 14 AUGUST	@ 7.30 PM

### INDIVIDUAL PRIZES FOR OVERALL SERIES

(SERIES CATEGORY BASED ON AGE AS AT DATE OF RACE ONE)

**MALE: FIRST 3; FIRST 40, 50, 60, 70**

**FEMALE: FIRST 3; FIRST 40, 50, 60, 70**

(THREE OUT OF FOUR RACES TO COUNT. RESULTS CALCULATED ON FINISH POSITION)

DUE TO THE OFF-ROAD NATURE OF THE COURSE, IT IS CONSIDERED UNSUITABLE FOR WHEELCHAIRS, SORRY

### ENTRY FEES

4 RACE SERIES: £25 AFFILIATED TO ARC/UKA OR £27 UNAFFILIATED

**EARLY BIRD ENTRIES UNTIL 25 MAY: £20 AFFILIATED TO ARC/UKA OR £22 UNAFFILIATED**

OR, PER RACE: £10 AFFILIATED TO ARC/UKA OR £12 UNAFFILIATED (£5/£7 for Race 4 – 5k)

ENTER ONLINE (NO FEES!) AT: [WWW.GREATWESTERNRUNNERS.ORG.UK](http://WWW.GREATWESTERNRUNNERS.ORG.UK)

**RACE HQ with Toilets, Changing and Parking**

**“Ashton Park School, Sports Centre, Blackmoor Lane, Bower Ashton, Bristol, BS3 2JL”**

**Prize giving, plus spot prizes will happen at the Start/Finish area.**

**A big thank you to our partner:**

# UP & RUNNING





# 2020 POSTAL ENTRY FORM



SEND TO: GWR TOWPATH SERIES,  
55 Chandlers House, Gaol Ferry Steps, BRISTOL, BS1 6WD

**BLOCK CAPITALS (SO WE CAN READ IT!) PLEASE**

**SURNAME:** \_\_\_\_\_ **FIRST NAME:** \_\_\_\_\_

**AGE:** (Minimum 15) \_\_\_\_\_ **DOB:** \_\_\_\_\_ **MALE/FEMALE** \_\_\_\_\_

**CLUB:** \_\_\_\_\_ **AFFILIATED TO ARC OR UKA? YES/NO** \_\_\_\_\_

**UKA COMPETITION LICENCE NUMBER:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**POST CODE:** \_\_\_\_\_ **CONTACT TEL:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_ **TEL:** \_\_\_\_\_

## EVENT(S) ENTERED

		Tick
WHOLE SERIES	Affiliated: £25 Unaffiliated: £27	
EARLY BIRD ENTRIES WHOLE SERIES (enter by 25/05/2020)	Affiliated: £20 Unaffiliated: £22	
12 JUNE – 10K RACE 1	Affiliated: £10 Unaffiliated: £12	
10 JULY – 10K RACE 2	Affiliated: £10 Unaffiliated: £12	
31 JULY – 10K RACE 3	Affiliated: £10 Unaffiliated: £12	
14 AUG – 5K RACE 4	Affiliated: £5 Unaffiliated: £7	

## CHEQUES PAYABLE TO: GREAT WESTERN RUNNERS

CHECK WEB SITE FOR THE LATEST POSTION ON ENTRY AVAILABILITY.

**DECLARATION:** I UNDERSTAND, AND ACCEPT THAT: ENTRIES ARE NON-TRANSFERABLE; THE ORGANISERS WILL NOT BE HELD RESPONSISBLE FOR ANY INJURY, ILLNESS OR LOSS OF PROPERTY RESULTING FROM MY PARTICIPATION IN THIS EVENT; I WILL NOT PARTICIPATE UNLESS I AM FIT TO RUN. IN THE UNFORTUNATE CANCELLATION OF THE EVENT THROUGH CIRCUMSTANCES BEYOND THE CONTROL OF THE RACE ORGANISERS, I UNDERSTAND, AND ACCEPT, THE RULES AND TERMS OF THE ENTRY INCLUDING THAT THERE WILL BE NO REFUND OF RACE FEES.

I HEREBY DECLARE THAT: **1) I WILL COMPLY WITH THE ARC RULES FOR COMPETITION AND PARTICULARLY: 2) I WILL NOT SWAP MY NUMBER WITH, OR GIVE IT TO, ANOTHER COMPETITOR.**

**DATA PROTECTION:** I UNDERSTAND THAT THE ABOVE DETAILS WILL NOT BE SENT TO THIRD PARTIES OR USED FOR ANY MARKETING PURPOSES AND I HAVE NO OBJECTION FOR THEIR STORING ON COMPUTER FOR RACE ADMINISTRATION AND RESULT PRODUCTION ONLY.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**RACE INFORMATION/ENTER ONLINE:** WWW.GREATWESTERNRUNNERS.ORG.UK