

FAIRFIELD HORSESHOE 2009

Sponsored by



SATURDAY 16TH MAY 2009

AL 9M/3000'

1:00 pm from Rydal Hall, Ambleside (GR NY365064)

ER/LK/NS/PM. Over 18.

Entries on the day
- or -
£5 (Cheques payable: 'Ambleside AC')

Team entries are FREE but team members must wear club vests

Entries to: Eddie Bland
Beechmount, Langrigge Drive
Bowness-on-Windermere
Cumbria LA23 3AQ

Email: eddie_linda@btinternet.com
Web: www.amblesideac.org.uk
Tel: 015394 48567

FAIRFIELD CHECKPOINTS

Description	Grid Ref
1 Stile	356071
2 Great Rigg Summit	355104
3 Fairfield Summit	358118
4 Dove Crag Summit	374104
5 Gate	374055

RECORDS

M: 75.11 M. Roberts 2000
F: 88.52 V. Wilkinson 2005



ENTRY FORM

Full Name _____

Address _____

Club _____ Vehicle Registration: _____

E-Mail _____ Telephone: _____

Male MV 40 MV 45 MV 50 MV 55 MV 60 MV 65 MV 70 (circle as applicable)

Female LV 40 LV 45 LV 50 LV 55 LV 60 LV 65 (circle as applicable)

Emergency Contact _____ Telephone: _____

I understand that this race is held in accordance with both the rules and safety requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for cause of death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this race.

Signed: _____ Date: _____