

Longdale Striders



Invite you to join them for
their endurance relay fun run.



Sunday, November 15th 2015, Catton Park, 10am start

The aim of the run is for each team to complete as many laps of Catton Park as possible within the 3 hour time limit. You can have as many members in your team as you wish. You can even enter as a solo runner. At the end of each lap the time card (baton) will be stamped by the officials, after which it may be either passed to the next team member, or retained by the runner as they run another lap. There are no limits on how many laps an individual team member can do. One team member may run 3 laps and another 10 laps; it really is up to each team how they chose to tackle the challenge. This is a fun run is to celebrate the recovery of two Longdale Striders both of whom have had treatment for cancer this year. Entry money will be donated to the Big C Appeal. Refreshments and raffle money will be donated to Catton Park. Please be mindful Catton Park is a popular park especially with dog walkers, your consideration will be required at all times. Fancy dress optional but always welcome.

Lap Distance: 1.9 miles approx

Parking: As per marshals instructions on the day

Sign on: 9am – 9:45am

Race Briefing to all runners: 9:50am

Entries: £5 per runner, £3 under 16's (Cheques made payable to Big C Appeal), day entries accepted

Team Name:						Gift Aid:	
Runner	Surname	Forename	DOB	Age on day	Signature	Address	(please tick)
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

For any additional runners to a team please complete and attach additional entry form

Declaration/Disclaimer: All participants enter this event entirely at their own risk. Longdale Striders, Catton Park, Sponsors, Organisers or Helpers take no liability for any injury, loss or incident resulting from this event. A signed entry team sheet is acceptance of these conditions.

Signature:..... Date:.....

Email address:..... Contact number:.....

Postal Entries to: Longdale Striders Relay, 26 Meadow Vale, New Costessey, Norwich, NR5 0NJ

Official Use Only:

Total Payment: Cash / Cheque.....

Team ID Number

Sponsored by:

