



Bracknell Forest Runners

invite you to the Twenty First Running of the

Forest Five

**Wednesday 15th June 2011 7:30pm start.
Venue: The Look Out, Bracknell, Berkshire.**

This year the event is supported by:



The course is an accurately measured 5 miles along forest tracks of grass and gravel through the scenic Windsor Forest, particularly attractive on a warm sunny evening. The course is suitable for road and off-road running shoes, but spikes are not recommended.

The race is open to all amateur runners over the age of 16 years. Any entrant under the age of 18 will need to have their signature countersigned by a parent or guardian.

Results will be available on our website within a few days of the race at www.forest-runners.org.uk

Prizes :
(One prize per person)
(Memento to all finishers)

First three men and women
First male veteran over 40, over 50 and over 60
First female veteran over 35, over 45 and over 55

There is ample car parking at The Look Out. Toilets in the Heritage Centre, adjacent to the car park. **Please come changed for the race, as there are no changing facilities.**
The race will start promptly at 7.30 p.m. Please allow 10 minutes to walk to the start.
Entry fee: £9.00. On the day entries £12.00 if places still available. Late entries will close at 7pm.

Please make cheques payable to Bracknell Forest Runners. Send your cheque together with your application form and **stamped addressed A5 envelope** to, Alan Street, Home Meadow, Terrace Road South, Binfield, Bracknell, RG42 4DS. Please affix the correct postage stamp. Alternatively, online entry is available on the Runners World website.

Name		Address	
Date of Birth			
Male/Female			
Club		Post Code	
Age on race-day		Tel Nos	
E-mail*			

*Please include an email address for race updates and notification of the 2012 race.
E-Mail addresses may be used by the club and sponsors of this event for marketing purposes only.

Please enter me for the above event. I am an amateur as defined by the BAF and SEAA and agree to abide by their rules. I understand that the organisers of the event will not be liable for any injury, loss, or illness, however occasioned, resulting from the event.

Signature:

Date:.....