

The Black Death Run

Sunday 13th May 2012 – 11am
10miles Off-road & 3miles Fun Run

Combe Sydenham Country Park,
Monksilver, Near Taunton, Somerset.TA4 4JG
Grid ref : OS Map ST 03/13 GR 076 367

www.theblackdeathrun.com

ukathletics

Licence Number 2011-101387



The Albemarle Centre, Charity No: 285867



IRONBRIDGE RUNNER



Fabulous **Cross-Country Run** set in a beautiful private estate with a choice of 10 or 3 Mile courses. While the 3 mile course is a relatively gentle meander through gorgeous countryside, the 10 mile event is probably the **toughest 10 mile Cross-Country run in the country!** But hey Enjoy the ambiance - walk the hills !!

Some of Last years comments:

The hardest run I have ever done and I have run the Snowdonia marathon twice !! Ian - I can still feel the pain DR
A fantastic run. RP - What a great event, this is my favourite race the sprint finish is awesome TG - Had a fantastic time on my 1st Black Death GH
What a hard but enjoyable run C - A fabulous run superbly organised, great memories! SW - What a brilliant trophy the skull !! SP
A beautiful venue and very friendly atmosphere made the day JW - One of the best runs I have ever done and the T-shirt is the best ever! KS

Superb T-Shirt for all 10 Milers - Medals for all 3 Milers plus T-shirt available to purchase at cost.

Awards: We will find some skulls for the first few finishers!

Free On Site Parking - Toilets - Baggage Tent - Mile Markers - Bar - Food Outlets.

Full Race Results available on the day (we hope).

To start the race and entertain, there will be a **Samba Band**.

Children's Stuff.

Chalky's Circus Workshop, Ice Cream, Bouncy Castle, face painting and great walks around the beautiful estate.

Food and Drink.

There will be a selection of food outlets including a hog roast, and of course, **The Cotleigh Beer Tent**.

Try a pint of this award winning beer served by a runner "Cotleigh Steve" the brewery owner!

A real family day out, a tough 10 mile or easy 3 mile run/walk, then eat, drink, chill and enjoy. A day on the race calendar not to be missed.

This event is organised by **Taunton Hash House Harriers** so is bound to be fun and all proceeds will go to local charities.



On-line enquiries: yvonne-racesecretary@live.co.uk
All other enquiries : Steve Johnson, Tel: 01823 252945

Entry Form :



Please note :

1 Entry Form per person.
Photocopies allowed.



For office use only

Please Note: There will be no Entries on the day

Please write clearly in CAPITAL LETTERS!

Surname:	Forename:
D.O.B: .. / .. /.... Age on Race Day:	Male - Female *
Running Club :	
Affiliated : Yes / NO *	
Address:	
Postcode:	Tel :
E-mail:	

Race entered :



UK Athletics (Rule 508) Minimum Age for 10 Mile route is 20



10 miles :

- 10 Miles Affiliated - **£15**. Unaffiliated - **£17**. (includes Tech T-shirt) Affiliated Number
- On line Entry - Please add **£1.50** to offset additional costs. (www.theblackdeathrun.com)

3 miles Run/Walk : £6

- On line Entry - Please add **£1.50** to offset additional costs.
- T-shirts available at cost **£4** (Tick if you would like a T-Shirt)
- Donation to The Albemarle Centre (Charity No: 285867) - Amount enclosed: £



I certify that I have paid sufficient UK income/Capital Gains tax to offset this donation

(The Albemarle Centre is a local charity that caters for all the disadvantaged groups in the area)

Gift Aid - Please Tick

T-shirt Size:

small - medium - large - Xlarge *

* Circle as appropriate

Please send Entry and **SAE (A5)** to: Race Secretary, 5 Rackfield, Westford, Wellington, TA21 OEA
Cheque payable to: The Albemarle Centre - **LAST POSTAL ENTRY : WEDNESDAY 9th May 2012**

Fee Enclosed:

£

Signature:

(Parent/Guardian if under 16 years)

Date:

Declaration :

I agree to abide by the rules of competition of UK Athletics and the local rules. I participate in The Black Death Run entirely at my own risk and agree that the organisers/landowner will not be held responsible for any injury, illness, loss or damage to me or my property which I may sustain in the course of, or as a result of the event.

Data Protection Act :

By submitting this entry, I agree that the organisers may store my entry details and results on computer disc for the purpose of event administration, and share e-mail addresses with selected partners or sponsors. Tick to opt out

Need a Training Plan?

Check out www.ironbridgerunner.co.uk/hints



Taunton Hash House  **Harriers**