



PRESENTS



# Mad Jacks 5

5 Mile traditional cross country course, including a stretch of water of 1m depth, at the National Trust's picturesque Attingham Park.

## SUNDAY 7<sup>th</sup> NOVEMBER 2010 11am Start

- ✿ Free family admission for the day to Park & Grounds for up to two adults and three children with each entry.
- ✿ Prizes in all categories and a Special Spot prize (randomly drawn at race presentation)
- ✿ Entry Fees: Pre-entry Attached to a Club £7.00  
Pre-entry Unattached to a Club £7.00 + £ 2.00 Unattached Levy (to UK Athletics)
- ✿ Entries close on 29<sup>th</sup> October 2010  
(Entries on day subject to availability and £2.00 additional fee on top of relevant entry fee and on first come basis see website for remaining places)
- ✿ Entry Limit of 500 entries, if entry limit is reached, notice will be displayed on the club website.
- ✿ Number to be collected from pre-entries desk on day of Race.

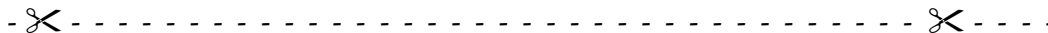


Kindly sponsored by  
Rybrook BMW, Shrewsbury, Mytton & Mermaid Hotel,  
Up & Running, Shrewsbury, Wroxeter Vineyard.



[www.shrewsburyac.org.uk](http://www.shrewsburyac.org.uk)

[www.nationaltrust.org.uk/attinghampark](http://www.nationaltrust.org.uk/attinghampark)



Full Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 Post Code \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Phone No \_\_\_\_\_  
 Club \_\_\_\_\_ Car Reg \_\_\_\_\_

Official Use	
<b>Race No</b>	
Pre-entry	On Day

Please Tick for Mens Race or Ladies Race and appropriate Age Group

Junior 16-18 JM	Senior 19-34 SM	Men 35+ M35	Men 40+ M40	Men 45+ M45	Men 50+ M50	Men 55+ M55	Men 60+ M60	Others (65+)
Junior 16-18 JL	Ladies 19-34 SL	Lady 35+ L35	Lady 40+ L40	Lady 45+ L45	Lady 50+ L50	Lady 55+ L55	Lady 60+ L60	Others (65+)

I UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE WITH BOTH THE RULES AND SAFETY REQUIREMENTS OF UKA TRAIL RUNNING RULES.  
 I CONFIRM THAT I AM AWARE OF THE ORGANISER'S INFORMATION AND REQUIREMENTS IN CONNECTION WITH THIS RACE.  
 I ACCEPT THE HAZARDS INVOLVED IN TRAIL RUNNING AND ACKNOWLEDGE THAT I AM ENTERING AND RUNNING THIS RACE AT MY OWN RISK.  
 OTHER THAN THE ORGANISERS LIABILITY FOR CAUSING 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.  
 THE ORGANISERS CANNOT BE HELD RESPONSIBLE FOR ANY EXPENSES INCURRED IN THE UNLIKELY EVENT OF THE CANCELLATION OR POSTPONEMENT OF THIS EVENT.  
 MAD JACKS RACE at ATTINGHAM PARK SUNDAY 8 NOV 09

Signed \_\_\_\_\_ Date \_\_\_\_\_

- Please make cheques payable to Shrewsbury Athletic Club.
- Send Entry Form and cheque to: Pauline Richards, 23 St Annes Road, Collegefields, Shrewsbury, SY3 6AU