

## DUDDON VALLEY LONG FELL RACE

**Minimum age 21**

Entry fee £7.

cheques payable to:Duddon Race Committe A/C

Surname \_\_\_\_\_ Forename \_\_\_\_\_

Age on race day \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Club \_\_\_\_\_ Phone \_\_\_\_\_ Vehicle reg  
No \_\_\_\_\_

I understand this race is held in accordance with the rules and safety requirements of the FRA. I am aware of the organiser's information and stipulations and i accept that any injury occurring to me during the course of the race is in no way the responsibility of the race organiser.  
I am aware of the orgaiser's stipulations for full body cover, map and compass to be carried or worn.

I am above the minimun age for the course entered (stipulated above).

ANY E CARD THAT IS LOST BY ME WILL BE PAID FOR AT THE CHARGE OF £18.00

**Signed \_\_\_\_\_ please return form by 25th May 07**

**To: James Goffe  
High Hurst  
Ulpha  
Broughton in Furness  
Cumbria  
LA20 6DZ  
01229 716869**