



# Studland Stampede 2009

20<sup>th</sup> September – 10am Start

## 12K MULTI-TERRAIN RUNNING EVENT

Entry fee £8.00 (non-refundable)

Entry on the day £12 until 500 limit reached

Join us on the beach for the 2009 Studland Stampede. The race starts and finishes on the sand next to the National Trust Studland Visitors Centre (Knoll Beach car park, Studland Bay, Dorset).

### Prizes:

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Male

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Female

All runners will receive a race memento

Please note: Race information and numbers will not be sent in the post.

Numbers will be issued from registration on the day and race information can be found at:

[www.getoffyourarseandrun.com](http://www.getoffyourarseandrun.com)



Please complete the form (photocopies are acceptable) and send with cheque payable to: 'VN Events', and post to: VN Events, 5 Charwood, 40 Tower Road, Poole, Dorset, BH13 6JA. POST ENTRIES MUST BE RECEIVED BY 15<sup>th</sup> September 2009

## Studland Stampede 2009

First Name: \_\_\_\_\_ Last Name \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Email: \_\_\_\_\_

Race info will be sent to your email address, so please make sure you write clearly.

Running Club?: \_\_\_\_\_

Sex M/F: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Yes I would like a T-Shirt – Size  small  medium  large (please attach £10 per T-shirt on top of your entry fee. Order deadline 24<sup>th</sup> Aug 09, no t-shirts will be available on the day.)

I am over 18 years old on race day and am an amateur athlete. I am medically fit to run. I agree to abide by the rules of the race and also accept that the organisers shall be in no way responsible for any injury, illness or accident to my person or loss of property resulting from my participation in the Studland Stampede 2009.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

(WEB09)