

www.wiggle.co.uk

Lightning 12

Starts 0600 on 21.3.2010. Eastnor Castle Deer Park, Ledbury.

Category

SOLO	<input type="checkbox"/> MALE	<input type="checkbox"/> FEMALE	ENTRY FEE £40
PAIRS	<input type="checkbox"/> MALE	<input type="checkbox"/> FEMALE	<input type="checkbox"/> MIXED
TEAM OF FIVE	<input type="checkbox"/> MALE	<input type="checkbox"/> FEMALE	<input type="checkbox"/> MIXED
TEAM OF EIGHT			<input type="checkbox"/> MIXED

ENTRY FEE £60
ENTRY FEE £150
ENTRY FEE £165

Solo – Running for 12hrs on your own is a huge undertaking, all runners entering this category must be aware that running solo for 12hrs is very demanding on the body & must be confident they are up to this challenge.

Pairs – Categories available for men's pairs, women's pairs & mixed pairs.

Teams of Five- Teams of Five can be single sex or mixed. Mixed teams need to have at least one team member of each sex, the rest is up to you.

Teams of Eight – Teams of 6-8 runners are only open to mixed teams, made up of any combination of men & women.

TEAM NAME: _____

RUNNING CLUB: _____

Competitor Details

TEAM CAPTAIN NAME: _____

D.O.B: _____

ADDRESS: _____

POSTCODE: _____

TELEPHONE: _____

Tshirt SIZE: _____

SIGNATURE: _____

EMAIL: _____

RUNNER 2 NAME: _____

D.O.B: _____

RUNNER 6 NAME: _____

D.O.B: _____

SIGNATURE: _____

T-shirt SIZE: _____

SIGNATURE: _____

T-shirt SIZE: _____

RUNNER 3 NAME: _____

D.O.B: _____

RUNNER 7 NAME: _____

D.O.B: _____

SIGNATURE: _____

T-shirt SIZE: _____

SIGNATURE: _____

T-shirt SIZE: _____

RUNNER 4 NAME: _____

D.O.B: _____

RUNNER 8 NAME: _____

D.O.B: _____

SIGNATURE: _____

T-shirt SIZE: _____

SIGNATURE: _____

T-shirt SIZE: _____

RUNNER 5 NAME: _____

D.O.B: _____

SIGNATURE: _____

T-shirt SIZE: _____

Send completed entry form along with a cheque for the appropriate entry fee made payable to 'Pro Velo Support' to Wiggle Lightning 12hr, 127 Talke Road, Alsager, Cheshire, ST7 2PP.

Information

Successful entries will be notified by email within one week from receipt of entry form. Entries are allocated on a first-come, first-served basis. Entries are non-transferrable & non-refundable. Full event details will be sent to the team captain in advance of the event.

Directions: Exit M5 at Junction 8, onto M50. Exit M50 at junction 2 & follow signs to Ledbury. Follow brown signs for Eastnor Castle via bypass & through Ledbury town centre onto A449 (signed Worcester & Malvern). After 1 mile turn right onto A438 (signed Tewkesbury & Eastnor). Entrance to Eastnor Castle Deer Park is after 1 ½ miles on the left.

Camping: camping is FREE for all competitors & supporters. There is no need to ring & book, just turn up from Friday morning. You must vacate the site by 8pm on Sunday. Please note that there are no electric hook ups, however there will be toilets on site & a number of showers available.

Race Declaration

I, here signed, agree to participate in the Wiggle Lightning 12 entirely at my own risk & under UKA rules. I declare that I understand the risks involved & that I am medically fit to compete & agree to compete in a cheerful & sportsmanlike manner. I also agree not to hold the organisers, its sponsors, its employees, or those of the race venue or the local council & its associates liable for any mishap, injury or loss caused during the duration of the event. I agree to follow instructions given by the organisers and/or officials.

RUNNER'S



THE ORIGINAL
MULTIFUNCTIONAL
HEADWEAR

Since 1992

