



The Ringwood Rabbit Run

A 10K Cross-country through the New Forest



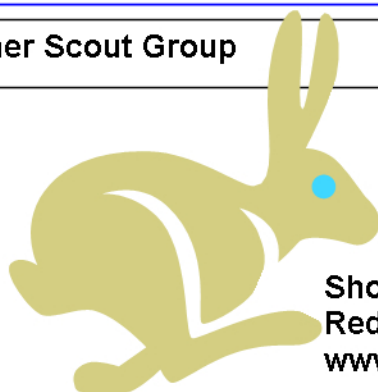
Raising funds for 1st Poulner Scout Group

and their link with Malawi

Sunday

25th April

Start and Finish at:
The Redshoot Inn
Toms Lane
Ellingham
Ringwood
Hants.
BH24 3QT



Race starts 10:30 am

Showering facilities provided by
Redshoot Camping Park
www.redshoot-campingpark.com

A friendly race suitable for all abilities that follows established trailways and road with some small inclines through the beautiful New Forest. Regrettably this is not suitable for wheelchairs (Health & safety).

Categories: Male (M), Female (F), Male Vet 40+ (MV), Female Vet 40+ (FV)

Prizes: 1st, 2nd, 3rd for males and females and 1st for vets

- A medal for all competitors -

Registration is not available on the day

Entry Fee: £7.00

Cheques payable to **1st Poulner Scouts**

Entry Form—Fee and A5 size S.A.E. to:

The Race Administrator

125 Northfield Road, Ringwood, Hants. BH24 1SS

Tel: 01425 474686

Surname

Forename.....

Address

Town County

Postcode E-mail

D.O.B.

Category: (Please circle) M F MV FV

I declare that

- I will be 17 years of age or over on 25th April 2010
- That I will compete on foot and will not introduce any wheeled vehicle
- That I enter and intend running at my own risk and that the organisers or Race Officials will be in no way responsible for any injury, illness, accident to my person or loss of my property as a result of my participation in this event.

Signed (This form must be signed)