

OFFICIAL ENTRY FORM

(Please complete all sections in block capitals for ease of reading, thanks)

First Name	Surname				
Address	Gender - Male / Female				
	Date of Birth				
	Age on race day				
	Tel:				
Post Code	ARC or EA member?	Y / N			
Affiliated Club Name					
E-mail Address					
T-Shirt Size (Please Circle)	S	M	L	XL	XXL

NOTE: Your details will be kept on computer for the administration of results. If you do NOT wish Brandon Fern Hoppers to keep your details, to notify you of future races, please tick here..... Your details will not be passed to any other body other than as results of this race.

DECLARATION: Please enter me for the "Wibbly Wobbly Log Jog", for which I enclose the appropriate fees. I am an amateur as defined by ARC and agree to be bound by their rules. I confirm that I am medically fit to compete, and understand that the organisers of this event will not be held liable for any injury, loss or illness, however occasioned, resulting from this event.

Signature _____ Date _____

HEALTH WARNING : Athletes should be aware of the dangers of dehydration during training and racing. It is important to maintain correct body fluid levels, by drinking plenty of water / isotonic drinks at all times.



Proudly Present

The 13th

WIBBLY WOBBLY LOG JOG



When Friday 7th August 2009
Start 19:30
Where The Events Field
Nr Mayday Farm
B1106 Brandon / Elveden Road



See our web site at

www.bfh.org.uk

Permit Number - ARC 09/154

Held under



Rules

The Wibbly Wobbly Log Jog is a 5 mile (ish) cross country course, run completely on forest tracks with 'wibbly' single path tree lined trails, and the occasional log to 'jog' over. It is set in the beautiful surroundings of Thetford Forest, near Brandon, Suffolk.

The race start will be clearly marked and is located just off the B1106, Brandon to Elveden road. There will be no prizes but T-shirts will be given to all finishers. Please come prepared as there are no changing or toilet facilities. If required, a short drive will take you to: - changing rooms, toilets, showers and bar at Brandon Leisure Centre. Full directions to both the start and the Brandon Leisure Centre will be enclosed with your SAE.

There will be a limit of 300 runners taking part, and last years event was sold out three weeks before the event. There will not be any entries on the day, so please enter as soon as possible to avoid any disappointment. Our website will be updated on a regular basis, to give you the latest entry availability status.

If possible, please try to enter direct from our web site, this is our preferred entry method, and you will save on envelopes and stamps.

Entry Fees: - £6 (Affiliated club members),
£8 (Unattached).

Minimum age on day of race is 17 years.

Completed entry forms, and cheques made payable to Brandon Fern Hoppers, should be sent together with a LARGE self addressed envelope, with sufficient stamps for envelope size, to:-

Wibbly Wobbly Log Jog
6 Hall Drive
Feltwell
Norfolk
IP26 4BZ

e-mail:- logjog@bfh.org.uk

All entrants please note the following:-

- No race numbers will be sent out in the post, they will be available for collection prior to the race along with your t-shirt.
- Please allow plenty of time to collect your number/t-shirt
- The start is an approx 7 minute walk from the car park.
- There are no toilet or changing facilities at the race, full facilities are however available at Brandon Leisure Centre.
- This race is NOT suitable for walkers or runners with dogs



Why not come and run with the Fern Hoppers?

We meet every Tuesday at 19:00, Thursdays at 18:30, or on Sundays at 09:00, at the Brandon Leisure Centre.

We are a friendly, socialable club consisting of members of varying ability and ages.

As we are based from Brandon Leisure Centre, we have the luxury of the Thetford Forest right on our doorstep, so most of our club runs are off-road and on peaceful forest trails.

If you are a beginner, or an experienced runner looking to improve, why not come along and give us a try, we can offer advice on training at every level from our members who have a wealth of experience from fun runs to marathons.

But don't get the wrong impression...we're not too serious, we often have a social evening at the local curry establishment for example, our main objective is to enjoy ourselves and to pass on our enthusiasm for running to others.

We don't have many club rules, but our club philosophy is simple - Run and have fun.

Further details can be obtained from:-
Ian Cooper - 07796 274605

Or visit our website www.bfh.org.uk