

ALTAMUSKIN 5 10TH ANNIVERSARY

17th MARCH
2019



COME AND HAVE A GO IF YOU THINK YOU'RE HARD ENOUGH

Tee Shirts for the first 200 Registered Entrants

FOR THE TOUGHEST
5 MILE
IN THE NORTH



12 NOON
START FROM
**ALTAMUSKIN
COMMUNITY CENTRE**

6 CASH PRIZES

£10 ENTRY FEE

UNDER 18 £5
**ALL UNDER 18S RECEIVE
FINISHERS MEDAL**

For info...

Call: **028 80757700**

Mob: **07753 615161**

or: **0780 2622750**

Email: **run@altamuskin.com**

Registration
Forms
Available at
www.altamuskin.com

www.altamuskin.com



ENTRY FORM

Male and Female (six prizes).



TITLE:	SURNAME:
FIRST NAME:	AGE ON 1ST MARCH 2019:
ADDRESS:	
COUNTY:	POSTCODE:
EMAIL:	TIMED RUN YES <input type="radio"/> NO <input type="radio"/>
CLUB (IF APPLICABLE):	
T-SHIRT SIZE:	SMALL <input type="radio"/> MEDIUM <input type="radio"/> LARGE <input type="radio"/> X-LARGE <input type="radio"/> T-SHIRT INCLUDED IN RACE FEE

Use of Headphones in Road Races

Under UK Athletics Rule 240 S5 the wearing of headphones is not permitted in races on single carriageway roads not wholly closed to traffic. Athletics Northern Ireland will be enforcing this rule on permits applied for from 1st January 2018. It is the Race Organiser's responsibility to ensure this rule is enforced as any incidents or accidents relating to a breach of the rule may invalidate the race insurance.

The rule applies to in-ear or over-the-ear headphones (with the exception of those medically prescribed). Bone conducting headphones which sit on the cheek are permitted as they transfer sound through the cheekbone and do not block other sounds through the ear.

All competitors acknowledge that they will be running entirely at their own risk and that (to the extent permitted by the Unfair Contract Terms Act 1977) the organisers will not be liable for loss or damage, illness or injury whatsoever directly or indirectly occasioned by or resulting from negligence, wrongful act or default of the organisers, their employers or agents or from any other cause including any act of God or the physical condition of the competition.

YOU MUST SIGN TO AGREE WITH THE ABOVE CONDITIONS

SIGNATURE:

ENTRIES BY POST TO: 173 ALTAMUSKIN ROAD, ALTAMUSKIN, CO. TYRONE BT79 9JA
For more info...

Telephone: 028 8075 7700 Mob: 07753 615161 / 0780 2622750

Email: run@altamuskin.com

www.altamuskin.com

*CHEQUES MADE PAYABLE TO ALTAMUSKIN COMMUNITY ASSOCIATION

** UNDER 15'S ARE NOT LEGALLY PERMITTED TO RUN 5 MILE

ENTRY FEE \$10

