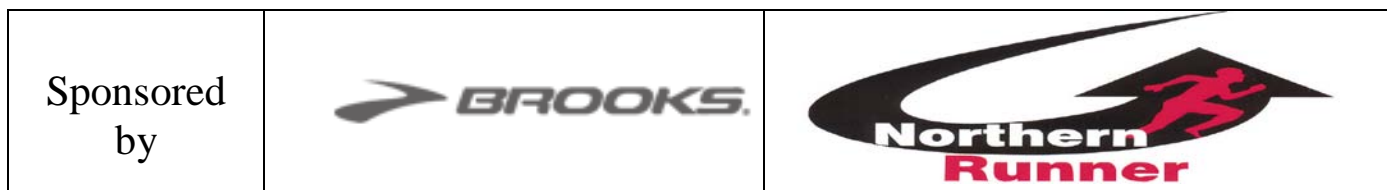


THE NATIONAL TRUST / FRIENDS OF GIBSIDE
 In association with
BLACKHILL BOUNDERS
14th FRUIT BOWL TRAIL RACE
SUNDAY 7th NOVEMBER 2010 : 10.00 am



<p>VENUE: GIBSIDE ESTATE (GPS NE16 6BG) Licence No 2010-0205</p> <p>LOCATIONS: ROWLANDS GILL, 7 MILES SOUTH WEST OF NEWCASTLE UPON TYNE. JUST FOLLOW THE SIGNS FOR GIBSIDE CHAPEL AND GROUNDS.</p> <p>PARKING IN THE WALLED GARDEN. GATES OPEN FROM 8.15 AM</p> <p>MARQUEE FOR CHANGING. SORRY NO SHOWERS. REFRESHMENTS AVAILABLE.</p>	<p>COURSE: ONE LAP, IT'S NOT FLAT, ON GOOD TRACKS, PATHS AND ESTATE ROADS. NOT SUITABLE FOR PUSHCHAIRS OR WHEELCHAIRS.</p> <p>VERY SCENIC, PASSING ALL THE ESTATE'S LANDMARKS INCLUDING THE MONUMENT, OCTAGONAL POND AND GIBSIDE HALL.</p> <p>DISTANCE: APPROXIMATELY 6 MILES (Not Flat!)</p> <p>PRIZES: FIRST 3 MALE. FIRST 3 FEMALE. VARIOUS VETS CATEGORIES</p> <p>NUMBERS WILL BE SENT OUT THE WEEK PRIOR TO THE RACE.</p>
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Entry Fees: England Athletics £12.00 Unatt. £14.00 Cheques payable to: **"Blackhill Bounders"**
Mail to: Sue Shaw, Shotley Villa West, The Terrace, Shotley Bridge, Co Durham DH8 0EY
Closing date: 22nd October 2010 – Entries limited to 500 (*enter early as it's usually oversubscribed*)
Any enquiries to Sue Shaw (Blackhill Bounders) on 01207 503068 or email sue.shaw@zen.co.uk

ABSOLUTELY NO ENTRIES ON THE DAY

Proceeds of the event to The Friends of Gibside Restoration Fund

Forename **Surname**

Address

Email address (optional)..... Male Female Age

Club..... **Registration number**.....

Entry fee enclosed £..... and a separate 9"x 4" SAE with the correct postage charge. Race numbers cannot be collected on the race day or by any other method.

I am over 17 years of age and fit to run and understand that the organisers will in no way be held responsible for any injury, damage or loss during this event.

Signed.....(Parent/guardian if under 18) **Date**

The information you provide may be used to keep you informed of relevant activities, products and services.

(Data protection Act 1984) Please tick if you do not wish to receive such information

