

# Grangewood, EM League 14/10/18

1. Complete form overleaf/below.  
Please complete the safety information especially if you have travelled alone to save us time when checking that everyone has returned.
2. Hire e-card if you do not have your own.
3. Pay for your entry and receive control descriptions in exchange (and map if running white or yellow).  
(For other courses it is a pre-marked map to collect after you have started)
4. Go to the start when you are ready.
5. Clear your e-card before start.

Entry fees:  
 Adults £10, Juniors/Students £4, Family £24 on Light Green and above (reduced to £8/£4/£20 if giving a valid 2018 membership number)  
 All adults and juniors on White to Orange £4.00  
 Family group with child on White to Orange £4 + 50p/extra map

Courses (subject to final controlling):  
 White 1.4km. + 20m. climb technically simple (TD1)  
 Yellow 2.1km. + 30m. climb easy (TD2)  
 Orange 3.2km. + 45m. climb moderate (TD3)  
 Light Green 3.4km + 50m. climb more technical (TD4)  
 Short Green 3.0km + 45m. climb technically difficult (TD5)  
 Green 3.7km. + 35m. climb " "  
 Blue 5.7km. + 75m. climb " "  
 Brown 7.5km + 70m. climb " "

Maps 1:7500 (white to green), 1:10000 (blue & brown)  
 A4, pre-marked waterproof, not bagged.

**DOGS ARE NOT PERMITTED ON COURSES**

Shorts are NOT permitted,

After your run you must report to download even if you retire so that we know everyone is back. Courses close at 14:30

Distance to start 50m, from finish 150m  
 Toilets - in assembly field

## DVO Registration and Safety Card Once registered you must report to download before you leave the event

**BOF Number**  For member's discount and Ranking Points. Otherwise leave blank. \* **Hired cards not returned will be charged at £30**

**E-card Number**  Please tick one  **Hired\***  **Own**  **Borrowed**

**Name**

**Club**  Club, school or scout group. Leave blank if none.

**Age Class**  eg. M14, W21 etc **List anyone shadowing**

**Course**  eg. White, Yellow etc. **DOGS are not allowed on courses**

Non-members only: If you would like to receive information about future events for novices give your email address here:  
 Your address will not be passed to anyone else

You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, age group and gender

**SAFETY CHECK information** Did you travel alone?  **This information will only be used if you fail to download your e-card.**

**Car Registration Number**  **Phone number**

© MERCS **Any medical condition you would like us to be aware of**

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