

THE NATIONAL TRUST / FRIENDS OF GIBSIDE
 In association with
BLACKHILL BOUNDERS
12th FRUIT BOWL SEVEN TRAIL RACE
SUNDAY 2nd NOVEMBER 2008 : 10.00 am



<p>VENUE: GIBSIDE ESTATE Permit No: 10483</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>NUMBERS WILL BE SENT OUT THE WEEK PRIOR TO THE RACE.</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. FINISHING UP AT THE MAGNIFICENT LONG WALK TO THE CHAPEL.</p> <p>DISTANCE: APPROXIMATELY 7 MILES</p> <p>PRIZES: FIRST 3 MALE. FIRST 3 FEMALE. VARIOUS VETS CATEGORIES</p> <p>T-SHIRT FOR ALL FINISHERS</p>
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Entry Fees: England Athletics £10.00 Unatt. £12.00 Cheques payable to: **"Blackhill Bounders"**
Mail to: Joy Bell, 12 North View, Medomsley, Consett, Co Durham DH8 6PJ
Closing date: 17th October 2008 – Entries limited to 500 (*enter early as it's usually oversubscribed*)
Any enquiries to Joy Bell (Blackhill Bounders) on 01207 563100

ABSOLUTELY NO ENTRIES ON THE DAY

Proceeds of the event to The Friends of Gibside Restoration Fund

T Shirt size

Forename Surname

Address

Email address (optional).....

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 16 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..... 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