



PORTSMOUTH JOGGERS CLUB

Present the

MEON VALLEY PLOD

On Sunday 12th February 2012 @ 10:30 am



ARC (Association of Running Clubs) permit applied for.

A 21 mile cross country trail race around the Meon Valley. Please remember that the weather in February can be inclement. This will be a tough "No wimps please", event. Marshals will man the road crossings, elsewhere you will have to follow arrows/tape on a waymarked course.

TIME LIMIT 5hrs. You may be asked to retire if you are going to exceed this time.

There are no entries on the day.

NO WIMPS



IT'S TOUGH

IT'S HILLY

IT'S MUDDY

Entry Fee: £16:00 Affiliated (UKA or ARC) Club Members. £18:00 Unattached
Cheques payable to: "Portsmouth Joggers Club"
Minimum Age: 18 on day of race.
Time Limit: 5 hours. You may be asked to retire or shorten the course if you are likely to exceed this time.

Online entries www.runningdiary.co.uk or www.runnersworld.co.uk

Postal entries to : Alan Shons, 108 Southdown Rd, Catherington , WATERLOOVILLE. PO8 0NF.
ENCLOSING A MIN 9" x 4" S.A.E. FOR RACE DETAILS

Contact info from Plod@pjc.org.uk 07976 426247

Postal Closing Date: 5th February 2012 or when the limit of 350 is reached

MEON VALEY PLOD

W/R		
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(FOR OFFICIAL USE ONLY)

Surname..... First Name SEX

ADDRESS

POST CODE..... TEL No..... DATE OF BIRTH

Age on day of race Est time Have you run this event before Y/N ...

CLUB (Affiliated).....

E-MAIL ADDRESS.....

I enclose entry fee £..... DO NOT FORGET TO INCLUDE A MIN 9" x 4" S.A.E..

I declare that I enter this event at my own risk and that no person(s) will be held responsible for any accident, injury or loss to myself prior to during or after this event and that I am medically fit to participate in this event.

SIGNATURE.....DATE.....

Data Protection Act. Please note the above information will be processed electronically and used for admin purposes. Names and finish times may be distributed to results services