



Allenheads Natural Ability Fell/Trail Race

Sunday 15 October 2017 at 11am

Entry Fee £10 (£11 online) - Entries limited to 200

Starting and finishing at Allenheads, the 5.5 mile course over footpaths, bridleways and open moorland climbs high into the Northumberland North Pennines - an area of outstanding natural beauty, affording runners and spectators stunning views. Excellent refreshments available at the Hemmel Cafe and the Allenheads Inn.

The Race will attract runners from the North East, Cumbria and further afield. Facilities include a fully-marshalled course, feeding station, first aid and a 'goody bag' for all finishers. It is suitable for both experienced fell runners and beginners – in fact anyone looking for a challenge.

All proceeds from the race go to '**Natural Ability**', a charity based in West Northumberland, which helps children and adults with learning disabilities, or special educational needs such as autism spectrum disorder, to learn, work and live independently in the rural environment. For more information about Natural Ability and the race, please visit: www.naturalability.org

This race has a Permit and associated UK Athletics insurance from the Fell Runners' Association (number 2017-4923):

- Category:AS
- Venue: Allenheads, NE47 9HN
- Climb: 350m / 1148ft
- Minimum age: 18
- We would be grateful if runners do not bring dogs because there are sheep and cattle on the route
- A shield, kindly donated by the Allenheads Inn for the winner and prizes for the first three men and women and veteran classes
- Distance: 9km / 5.6m
- Grid ref: NY859453
- Skills & experience: PM

Pre enter at:

<http://www.racenumbers.co.uk/events/natural-ability-trail-race/>

Race numbers to be collected on the day

Enquiries welcome: barbara.ingman@naturalability.org Telephone: 07935383992

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We are grateful to **START FITNESS** for their support

Follow Natural Ability on Facebook and Twitter @ [NaturalAbility](https://www.facebook.com/NaturalAbility)





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Postal Entry Form

Online entry is also offered :

<http://www.racenumber.co.uk/events/natural-ability-trail-race/>

First Name: _____ Surname: _____

Date of birth: _____ Age on race day: _____

Male/Female: _____ Club: _____

Email Address: _____

Address: _____

Postcode: _____

Phone No: _____ Vehicle Registration: _____

Emergency Contact: _____ Phone No: _____

Entry Fee: £8 _____ Voluntary Donation to Natural Ability £ _____

- I accept the hazards inherent in fell running and acknowledge that I am entering and running this race at my own risk.
- I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.
- I confirm that I have read and will comply with, the "Fell Running - Requirements for Runners".
- I acknowledge and agree that I am responsible for determining whether I have the skills equipment and fitness to participate in this event.
- I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than in respect of death or personal injury as a result of their negligence).

Signed: _____ Date _____

Make your donation go further at NO cost to you *giftaid it*

If you receive taxable income from UK wages, savings or pensions, NA can reclaim the tax (25%). Please note you must pay an amount of UK income tax at least equal to the amount of tax which NA claims on your donation.

Please tick the box if you would like Natural Ability to claim gift aid on your donation

Please make cheques payable to 'Natural Ability' and post to:

Natural Ability, Studio 6, Allendale Forge Studios, Allendale, Northumberland, NE47 9DB

Or pre enter at:

<http://www.racenumber.co.uk/events/natural-ability-trail-race/>

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