



Merry Hill Striders



Suicide Six



Tough 6 mile Multi-terrain event, held in Baggeridge and Himley Country Parks.

Sunday 15th November 2009

Start time : 11 a.m.

START/FINISH	:	Baggeridge Country Park, near Sedgley, West Midlands, DY3 4HB
COURSE	:	Completely off-road, undulating cross country.
AWARD	:	Quality award to all finishers.
PRIZES	:	For category winners.
PRESENTATION	:	One hour after race.
FACILITIES	:	Parking, Café, Toilets, Drinks at finish.
ENTRY FEE	:	Attached £10.00 Unattached £12.00

***** EARLY ENTRY ADVISED - NO ENTRIES ON RACE DAY *****



SUICIDE SIX ENTRY FORM

First Name..... Surname.....

Address.....

Postcode..... Telephone.....

Email

Sex..... Date of birth...../...../.....Age on race day (minimum 15years).....

Affiliated Club.....

Reg Number.....

Please enter me for the Suicide Six Run. I agree to abide by the rules of the Organiser. I agree not to hold the organisers responsible in any way for injury, illness or loss of property.

Signed..... Date.....

Please enclose your cheque made payable to **Action Heart** together with your entry form and a 9"x6" SAE to:

ACTION HEART,
5 Baird House, Dudley Innovation Centre, The Pensnett Estate, Kingswinford, DY6 7YA

For further information please call 01384 292233
Registered Charity Number 518586