

SELBY STRIDERS WISTOW 10

(10 MILE ROAD RACE)

11.00am, Sunday 24th October 2010

UKA Licence: 2010-0085

Course Accuracy Certificate No: 09/018

Flat 'figure of eight' course
(Narrow lanes, unsuitable for wheelchairs)

FOR SAFETY REASONS THE WEARING OF HEADPHONES BY RACE COMPETITORS IS NOT ALLOWED

Enter on line at: www.ukresults.net or send postal entries with an A5 SAE to:
WISTOW 10 c/o UKResults, 1 Sutton Street, Blackburn, Lancashire, BB2 5ES

ENTRY FEES: £11.00 for UKA affiliated runners. £13.00 for non affiliated runners
Cheques made payable to **SELBY STRIDERS RUNNING CLUB**

Closing date for entries is **Sunday 17th October 2010**

Race limit 300. Please enter early to avoid disappointment. **NO ENTRIES ON THE DAY OF THE RACE**

UP & RUNNING



SELBY STRIDERS - WISTOW 10 - ENTRY FORM 2010

First name _____ Surname _____

Gender M / F _____ Date of Birth ____ / ____ / ____ Age on Day of Race. _____

Address. _____

_____ Post Code _____ Phone No _____

Email address _____ Name of UKA affiliated club _____

Registration No. (If applicable) _____ Fee enclosed £ _____

T shirt size Small ___ Medium ___ Large ___ Extra Large ___ (please tick your choice.)

Declaration. I confirm that I am taking part in this event entirely at my own risk and that I am medically fit. I will inform the organisers of any medical condition which may affect my participation in this event. I agree to abide by the rules of UK athletics and the event. I accept all the conditions of entry and acknowledge that the race organisers and their helpers shall not be liable for any personal injury or loss or damage as a consequence of my participation in the event. I understand the race organisers reserve the right to alter the arrangements and conditions, including the start time should circumstances require. I am over the age of 17 on the race day.

(Parent to sign if under 18 years old).

Signature _____ Date _____