AkzoNobel
Tomorrow's Answers Today

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The AkzoNobel

Aerospace Coatings

Wistow 10 Miles Race.

ORGANISED BY

SELBY STRIDERS RUNNING CLUB

Sunday 23rd October 2011. Starting at 11.00 a.m.

UKA Licence 2011 – 102356 Course Accuracy Certificate No 09/018.

Ran on a flat ''Figure of Eight'' course. (Narrow lanes, unsuitable for wheelchairs)

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

ENTRY PROCEDURE. All entries, both online and postal, will be dealt with by www.ukresults.net
POSTAL ENTRIES SHOULD NOW BE SENT TO :- THE WISTOW 10 MILES. c/o UKResults. 1 Sutton Street. Blackburn. Lancashire BB2 5ES. **Please include an A5 SAE**.

ENTRY FEES are £11.00p for UKA affiliated runners and £13.00p for non affiliated runners.
Cheques should be made payable to SELBY STRIDERS RUNNING CLUB.
The minimum age for entry is 16 years old on the day of the race, entries under 18 must have parental consent.
The Closing date for all entries is **Sunday October 16th**. There is limit of 300 runners due to the nature of the course.
So enter early to avoid disappointment. There will be NO ENTRY ON THE DAY.

ENTRY FORM.

First name _____. Surname _____

Gender M / F ____ Date 0f 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 to do the event. 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 sponsors, 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 16 on race day.

Signature (Parent if under 18 years old) _____ Date _____/_____/_____