

RIPON RUNNERS

Race held under UK Athletics rules - Licence Pending

Incorporating the
Shaun Lee Johnstone
Memorial Shield

Jolly Holly Jog 10 km Sunday 30th December 2018, Start: 11.00 am

The JHJ is a one lap scenic multi-terrain course of approximately 10k (not suitable for wheelchairs, prams or pushchairs)

Race limit: 900

Minimum age for 10k: 15

Entry fee: £15.00 (attached); £17.00 (unattached). No entries on the day

Closing date: 22 December (paper entries arriving after this date will not be accepted)

Online entry: see www.riponrunners.org.uk

Paper entry: If you prefer, mail a completed entry form (one per entrant) to:

JHJ, 3 Old Post Office Cottages, Marton cum Grafton, York YO51 9QJ

Make cheques payable to Ripon Runners

Note: For race day information, include an SAE with your entry or visit our website:

www.riponrunners.org.uk/jolly-holly-jog-10k

Race number and timing tag: available for collection at race headquarters on the day – please arrive in plenty of time.

Teams: to wear club vests - first 3 count

Race HQ: Ripon Rugby Club, Mallorie Park Drive, Ripon HG4 2QD

Facilities and limited parking at Ripon Rugby Club. *Please check our website for the latest parking information*

Prizes will depend on entries (only one per person except team prizes). T-shirt for all finishers (please select a size when you enter).

Transfer of race numbers: Not permitted on the day; however this is possible if you email the recipient's full entry details (as listed on the form below) to the race director, entrysec@riponrunners.org.uk, no later than **Thursday 27th December**.

Safety: *Ensure you can hear marshals' instructions and the approach of overtaking vehicles and faster runners. iPods and MP3 players are banned from this event. Please keep to the left hand side of the road, unless otherwise instructed by the marshals.*

----- Retain this page and mail page 2 to Ripon Runners -----

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JHJ 2018

Name M/F.....Date of Birth.....Age on Day.....

Address.....

.....Post Code.....

Email address.....

Please add me to your club races email list

Please circle a T-shirt size: XS (35"), S (38"), M (40"), L (43"), XL (45")

Club/Association..... Entry Fee Enclosed.....

Registration No. (URN).....Contact Phone Number.....

Declaration: I declare that I am medically fit and take part at my own risk. I agree not to hold the organisers or any associated party responsible for any loss, injury or sickness that may arise as a result of my participation. Furthermore I also agree that the organisers reserve the right to alter or amend any of the above details without notice and that in the unlikely event of abandonment or cancellation, all or part of my entry fee may be retained for the management and administration of the event.

I agree that Ripon Runners may publish my personal information as part of the results of the race and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the race alone or combined with or compared to other races. Results will include (but not be limited to) name, any club affiliation, race times and age category.

Signed.....

Date.....

