



Sunday - March 21st 2010

Lightwater Valley Theme Park,
North Stainley, Ripon HG4 3HT

IN SUPPORT OF
HELP for
HEROES



North Stainley Stags present
THE LIGHTWATER VALLEY CHALLENGE
10k MULTI TERRAIN RACE / 3k FAMILY FUN RUN



North Stainley Stags support Run Britain - website: www.realbuzzrunbritain.com

Held under UKA Athletics Rules - licence number 20091183

10K - In support of Help for Heroes

3K - In aid of North Stanley C of E Primary School

Event kindly sponsored by:- **Piccadilly Kia - Ripon, Kettlewell Fuels Ltd - Ripon, Mr Robert Staveley, The Sweatshop and ASICS.**



Start times:- Fun Run 10.00am Lightwater 10K - 11.00am

The 10K race is a multi-terrain race that takes you through Lightwater Valley Theme Park and into the surrounding countryside. It follows gravel tracks with one mile off road running. Overall the race is undulating. The 3K fun run takes place within the grounds of Lightwater Valley Theme Park.

EXTENSIVE PRIZE LIST:

Medals to all finishers, 1st male and female £100 and trophy, 2nd male and female £50, 3rd male and female £20, first male and female team £120 of Asics vouchers, (3 to count), Spot prizes for the categories male and female 15-19, 20-29, 30-39, 40-49, 50-59, and 60 plus. Maximum of 1 prize per runner.

FIRST AID : ACCURATE MILE MARKERS : DRINKS STATION : REFRESHMENTS & TOILETS : PARKING
(not suitable for wheel chair athletes : no changing facilities)

I wish to enter the Help the Heroes 10K / Family Run (*please circle to indicate*) and declare that I am an amateur as defined by UKA Rules and certify that I am medically fit to run. Furthermore, I agree that the organisers will in no way be held responsible for any injuries or illness incurred to my person during or as a result of the event. One entry form is required for each person entering

Forename: Surname:

Address:

Postcode: Phone Number: E-mail:

Club: Membership no:(if applicable): Age on race day:

Team Name: Date of birth: Male: Female:

I enclose a cheque payable to the North Stainley Stags for the sum of £

U.K.A. adult member £10.00 10K	Non affiliated adult £12.00 10K
Fun Run entry adult £4.00 3K	Fun Run entry child £3.00 3K
Help the Heroes T-Shirt. £8.00 (<i>Printed:-'I've Helped a Hero'</i>) Please state size required. Adult XXL,XL,L,M,S To be pre-ordered	

Please return forms with a **STAMPED AND SELF ADDRESSED ENVELOPE** to:-
Race Secretary, The North Stainley Stags, 10 Watermill Close, North Stainley, Ripon, North Yorkshire, HG4 3LD
Application Form also available to download from: www.riponrunners.org.uk

Signed: Date:
(parent or guardians signature required for juniors in the fun run)

for further information: northstainleystags@saxatile.demon.co.uk
All entrants for the 10K race must be 15 and over. All entrants for the 3K fun run must be 9 and over.
Closing date for entries :- 7th March. Limited entries on the day .
Race number and race information will be sent prior to the race.