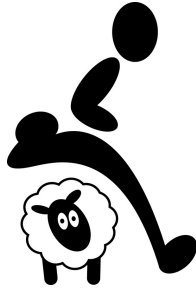


Presents the fourth

# Arkendale 10k Race

Run Under UKA Rules, Permit Applied For



- 10k Race
- Sunday 28<sup>th</sup> March 2010
- 11am Start

### The Run

A scenic 10k run consisting of gently undulating rural roads and trails, starting and finishing in the picturesque village of Arkendale. The well-marshalled course is suitable for all abilities of runner and beginners are particularly welcome. Due to the off road sections the course is unsuitable for wheelchair athletes and pushchairs. Minimum age 17 years on day of race.

The race limit is 400 - No entries are available on the day - Please enter early

- Starts at Sunnyside Farm, Arkendale
- Free kids dash at 11:05am
- Free car parking close to start/finish area
- Run under UKA rules (permit applied for)
- Prizes for leading runners in various categories
- Spot prizes throughout the field
- All finishes will receive a memento

Please tear off and keep this side for your information

### ● Your Details - Please Print Clearly

First name .....	Male/Female	<input type="checkbox"/>
Surname .....	DOB .....	<input type="checkbox"/>
Address .....	Age on race day .....	<input type="checkbox"/>
.....	Contact tel .....	<input type="checkbox"/>
.....	Did you enter Arkendale last year? Y/N	<input type="checkbox"/>
Postcode .....	No. of entrants for kids race .....	<input type="checkbox"/>
Email .....	No. of supporters joining you .....	<input type="checkbox"/>
Running Club (if any) .....		<input type="checkbox"/>

### ● Disclaimer - please read and sign

I accept that the organisers of the Arkendale 10k Race and Children's Dash cannot be held responsible for any injury, loss or damage incurred before, during or after the race. I am physically fit and enter at my own risk. I am an amateur as defined by UKA.

Signed .....

Date .....

### ● Payment - please make cheques payable to Must Tri Harder

Send your entry to....  
Alexia Rushton-Earl  
Ingerthorpe Grange Cottage  
Markington  
Harrogate  
HG3 3PD

<b>Entry Fees</b>	
Attached - £8	<input type="checkbox"/>
Unattached - £10	<input type="checkbox"/>

Please enclose a SAE. All race numbers are posted

Ref:

- Closing date for postal entries is 13<sup>th</sup> March 2010 or as soon as limit is reached -

● For more information visit our website or contact alexia@MustTriHarder.net ●