

**NOTES FOR ENTRANTS.**

1. Your Entry Form should be returned as soon as possible, and be received by the Race Director not later than **14th June 2010.**  
No Entries on the day for the 10K Race. There is a race limit of 350 in the 10K Race, (**this has been reached in the last 10 years well before the date**). If you are in either **Black Sheep Series** bear this in mind. The Entrance Fee on the day to the Fun Run is £3.00.
2. Your Race Number, Instructions and Course Layout will be posted to you, and should be in your possession not later than **June 20<sup>st</sup> 2010.**
3. Entrants of all ages are welcome in the Fun Run.  
 However there is a minimum age limit of 15 years in the 10K Race: taken from June 27<sup>th</sup> 2010..
4. Please don't forget to send a Stamped Addressed Envelope approx 9" x 7" (correct postage), so that your Number can be returned in good time.  
 We are happy to send back several Entrants' Numbers in the same envelope, if the returned entry forms are sent together.

**Would all Runners keep to the left hand side of the road, unless otherwise instructed: thereby complying with a local Police Directive in respect of the "Health & Safety Regulations 1992" & also UKA Rule (215). Failure to do so may lead to Runners being disqualified. It should also be understood that the course is unsuitable for Wheelchair and Push-chair Competitors due to the uneven surface of the cross country sections.**

**PLEASE HELP US PRESERVE LOCAL ROAD RUNNING.**

-----cut along this line-----

I wish to enter the Rainton 10K/Fun Run and hereby declare that I am an amateur, as defined by the UKA Rules, and that I am medically fit to run the distance I have entered. Furthermore I agree that the Organisers will in no way be held responsible for any injury or illness incurred to my person during, or as a result of the Event. Also the Organisers will not be responsible for loss of property during the course of the Event.

<b>Surname</b> _____	<b>First Name</b> _____
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Date of Birth \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Parents/Guardians Signature if under 18 yrs  
 \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Telephone Number. \_\_\_\_\_

Post Code \_\_\_\_\_

<b>AGE ON THE DAY</b> _____	<b>CATEGORY ON RACE DAY.</b> _____
<b>UKA AFFILIATED CLUB</b> _____	<b>TERRITORIAL MEMBERSHIP NO.</b> _____

<u>CATEGORIES FOR 10K.</u>	MALE UNDER 25----- <b>MU25.</b>	LADY UNDER 25----- <b>FU25.</b>
	MALE UNDER 40----- <b>M.</b>	LADY UNDER 35----- <b>F.</b>
	MALE VET OVER 40--- <b>M40.</b>	LADY VET OVER 35-- <b>F35.</b>
	MALE VET OVER 45---- <b>M45.</b>	LADY VET OVER 40-- <b>F40.</b>
	MALE VET OVER 50---- <b>M50.</b>	LADY VET OVER 45-- <b>F45.</b>
	MALE VET OVER 55---- <b>M55.</b>	LADY VET OVER 50-- <b>F50.</b>
	MALE VET OVER 60---- <b>M60.</b>	LADY VET OVER 55 -- <b>F55.</b>
	MALE VET OVER 65---- <b>M65</b>	LADY VET OVER 60-- <b>F60.</b>

If you live within 5 Mile radius of Rainton ie LOCAL MALE OR LOCAL LADY insert "L" between the Letter and Number,( For example **ML** or **FL35** ).

**FUN RUN** \_\_\_\_\_ **M or F** \_\_\_\_\_ **AGE.** \_\_\_\_\_

ENTRY FEES.

10K: U.K.A.Member	£ 9.00.
10K: Unattached	£11.00.
Fun Run approx 2 mile	£ 2.50. <b>On the day £3.00</b>
Results Slip 10K	£ 1.00.
Results Slip Fun Run **	0.50.

Your Cheque or Postal Order should be made out to Rainton Village Hall £

**And sent to :- Rainton 10k and Fun Run, Southfield Farm, Rainton Lane, Dishforth, Thirsk, YO7 3DA.**

THANK YOU: IF YOU WISH TO BE SENT AN ENTRY FORM NEXT YEAR, PLEASE TICK HERE.

Entries may be photocopied. However the Organisers must insist that there be only one entry per form.  
 Telephone & Fax (Ripon) 017656402310\*\* Results can be accessed on Ripon Runners Web Site. [www.riponrunners.org.uk](http://www.riponrunners.org.uk)

June 27th



2010

# RAINTON 10K & FUN RUN

10K  
START 11.45

Off-road Fun Run  
Approx 2 miles  
Start 10.30

British Association  
of Road Races

Member Event

BARR REF 500



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Ripon Runners assisted by  
Rainton Village Hall Committee



UKA LICENCE NO  
2010-0136

Under UKA Rules



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New Address:  
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Thirsk YO7 4RU



Plaques and Prizes  
In the 10K.  
FOR

1st 4 Men                      1st 4 Ladies  
1st Man                      and                      1st Lady  
(at least) in each category.  
1st Local Man              1st Local Lady

THE WINNER.  
THE MAY SPENCE CHALLENGE  
CUP.  
(Course Record 31.20)  
D.Bilton

THE FIRST LADY.  
THE GALLITO CUP.

THE OLIVER  
TEAM SHIELD FOR MEN.

THE WOLSTENHOLME  
TEAM SHIELD FOR LADIES

No one can win more than one prize  
(apart from the team prize).

Please send entries by June 14th  
to  
RAINTON 10K AND FUN RUN.  
Southfield Farm,  
Rainton Lane,  
Dishforth,  
Thirsk YO7 3DA.

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**Hall & Gardens**



**Course unsuitable for Wheelchairs or pushchairs**