



The Friends of Fountains School

In association with Ripon Runners present...



2010 Fountains 10K Application Form

Sunday 25th April 2010

www.fountains10k.co.uk

Starts at 11am from Fountains CE Primary School, Grantley, North Yorkshire, HG4 3PJ. Race numbers and full details will be sent to you at least 2 weeks prior to the race date.

Entries limited to 350

Entry Fees

10K Attached £8.00

10K Unattached £10.00

Fun run (separate form needed) £3

Prizes

First 3 men & women

Category prizes

New for 2010

Spot prizes & free post race refreshments

Title	
Forename	
Surname	
Address	
Town/City	
County	
Post Code	
Affiliated club – yes or no	
Club	
England Athletic Reg no:	
Date of Birth	
Age on race day (16 minimum)	
Phone	
Email	

Held under the rules of the UKA – permit no: 2010-0045

Declaration: I hereby declare that I am an amateur as defined by the UK Athletics and agree to bind by their rules. I confirm that I am medically fit to compete, and understand that the organisers of this event will not be held liable for any injury, loss or illness, however occasioned, resulting from this event.

Signature (Parent or Guardian if under 18)	Date
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Cheques made payable to: 'Friends of Fountains'

Please enclose a 9"x7" SAE (no SAE = no entry)

Send application to: Race Secretary, Fountains 10K, 8 Williamson Gdns, Ripon, N Yorkshire, HG4 2QB