

RIPON RUNNERS

JOLLY HOLLY JOG AND FUN RUN

Incorporating The Shaun Johnstone Memorial Trophy

MONDAY 28th DECEMBER 2009

START: 11.15 am

HELD UNDER UK ATHLETICS RULES - LICENCE No 10221

RACE LIMIT 600

A ONE LAP SCENIC MULTI TERRAIN COURSE of approx 10k

This event is not suitable for wheelchairs, prams or pushchairs.

The minimum age for the Jolly Holly Jog is 16.

JOLLY HOLLY JOG ENTRY FEE - £8.00 Attached - £10.00 Unattached

NO ENTRIES ON THE DAY. CLOSING DATE: 13th December 2009 OR SOONER IF LIMIT IS REACHED.

Teams to wear club vests. First 3 to count.

FUN RUN – 1.5 mile off road – 10.00am

FUN RUN ENTRY FEE - £2.00. Entries in advance or before 9.45 am on the day

Parking and facilities at Ripon Cricket Club, Studley Road Ripon, HG4 2QH

Prizes will depend on entries (only one per person except team prizes).

The exchange or selling of numbers is not permitted.

Would all runners keep to the left hand side of the road, unless otherwise instructed.

The use of iPods or MP3 players is not permitted.

Please send your completed entry form (one per entrant), entry fee, and SAE (9"x6.5") with a Large Letter Stamp to: THE RACE SECRETARY, BRETTON HOUSE, BALDERSBY, THIRSK, YO7 4PP.

Please make cheques payable to Ripon Runners.

FURTHER INFORMATION AND RESULTS CAN BE FOUND AT www.riponrunners.org.uk

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ENTRY FORM

Tick Box 10K

Fun Run

Name Male/Female.....Age on day.....

Address

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

Club/Association Entry Fee Enclosed.....

Registration Number

Declaration: I declare that am medically fit , enter 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.

Signed:

Date.....