

ST WILFRID'S MUDDY BOOTS 10K (APPROX)



AND

"THE GOLDEN MILE" FUN RUN



Licence No. 20091136

PROMOTING BODY: RIPON RUNNERS.

Registered Charity No. 1070305

Sunday 7th February 2010.

Commences from St Wilfrid's School, Church Lane,
Ripon HG4 2ES

10K starts 12.00 noon.

Fun Run starts 11.00am (run around the school field)



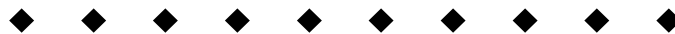
The St Wilfrid's Muddy Boots is approximately 10K. Run through a multi-terrain course, starting at St Wilfrid's School, over undulating farmland and through picturesque countryside. This great event, now in its fourth year, includes road, footpaths and trails. Please wear suitable footwear.

ENTRY FEE: There is a discount of £2.00 for attached runners. £8.00 attached;
£10.00 unattached. £1.00 extra for entries on the day of the race. 10K Race Limit 500.
Fun Run £2.00.

Closing date for postal entries: 24th January 2010.

Car Parking: Roadside parking available and at Booth's supermarket (pay at machine).

Toilet facilities, refreshments and home baking available in St Wilfrid's School.



GREAT PRIZES TO ALL FINISHERS

Please note:

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

Teams to wear club vests. First 3 to count.

Muddy Boots Information:-

To enter the St Wilfrid's Muddy Boots 10K+ run and /or Fun Run, please complete the form below and send this sheet to the following address.

Entries to St Wilfrid's R C Primary School, Church Lane, Ripon HG4 2ES
Please make cheques payable to St Wilfrid's Association.



ENTRY FEE: £10.00 unattached, £8.00 attached. £1.00 extra for entries on the day of the race (before 11.45am for 10K). Race Limit 500. Fun Run £2.00. (Entries before 10.45am).

Closing date for postal entries: 24th January 2010. Please enclose a 9" x 6.5" SAE. NB Royal Mail do not deliver if post underpaid.

ENTRY FORM (one per entry please)

First Name Surname

Address

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Contact tel no. Male/Female

Club Name Territorial No.

Tick if unattached Entry Fee

Where did you hear about this race?

10K – Age on race day: Please circle as appropriate: (Minimum Age 16 for 10K)

MALE: U/21 21/34 35-44 45-54 55-64 65/over

FEMALE: U/21 21/34 35-44 45-54 55-64 65/over

Fun Run Age on day:

Amount EnclosedSignature

Date

DECLARATION: I HEREBY DECLARE THAT I AM AN AMATEUR AS DEFINED BY THE BAF RULES. I AGREE TO ABIDE BY BAF RULES AND UNDERSTAND THAT THE ORGNISERS OF THE RACE WILL NOT BE HELD LIABLE FOR ANY INJURY, LOSS OR ILLNESS HOWSOEVER RESULTING FROM THE RACE.