



RIPON RUNNERS JUNIOR 5K RACE

Race held under UK Athletics rules – Permit No TRA 64
Hosted by kind permission of The National Trust at Fountains Abbey



Sunday 20th September 2015, Start: 9.00 am

Ripon Runners are privileged to have The National Trust's permission to host this 5K race in the grounds of Fountains Abbey, a World Heritage site. This fantastic, totally traffic free course, with amazing scenery is run on a mixture of solid paths, a minor section of cobble & a wooden bridge. Only available to junior runners aged 12 to 16 years old. We expect the 150 places to fill up quickly, so please get your entry in early.

Venue: Fountains Abbey, Ripon, HG4 3DY.

Entry forms available from www.riponrunners.org.uk

Race limit: 150

Entry fee: £5.00 UK athletics attached - £7.00 unattached. No entries on the day

Closing date: 17th September 2015

Facilities:

There is plenty of free parking at Fountains Abbey Visitor Centre, please follow the signs as directed.

Please use the toilets at the Visitor Centre only, there are no showers/changing facilities. Post run refreshments will be available at the Fountains Restaurant at the Visitor Centre.

Water station: There will be a water station at the finish.

Please note the run will take place before the National Trust site opens to the public, therefore runners, volunteers & spectators are kindly requested to vacate the Abbey grounds before 10.00 am when the National Trust site opens. No club tents on site.

Start: The grassed area on the far side of the Abbey.

Finish: Just before the bridge near Fountains Mill.

The start and finish are a 10 minute walk from the Fountains Abbey visitor car park, cafe and toilet facilities.

Postal entries only to: Lisa Sorby, 8 Williamson Gardens, Ripon, North Yorkshire, HG4 2QB.

Please enclose an A5 SAE and use correct postage. Cheques payable to 'Ripon Runners'.

Race numbers will be posted out before race day. Any queries to lisavsorby@yahoo.co.uk

Prizes: Memento to all finishers

Teams: 5 or more runners from one club/school can compete for the **Jane Charge Trophy**

Age category prizes: 1st, 2nd & 3rd in each age category

Age categories: 12, 13, 14, 15 & 16 years. Age on the day of the race.





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Team Entry form

Runners name (s)	EA or TRA Registration Number	M/F	Date of Birth	Age on day of race	Entry Fee £
Total Entry Fee enclosed					

Team Name	
Accompanying Adult name & contact details:	

Declaration: I declare that the above entrants are medically fit to enter and take part at their own risk, and agree not to hold the organisers or any associated party responsible for any loss, injury or sickness that may arise as a result of their 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 the entry fee may be retained for the management and administration of the event.

Signed by Team coach/manager..... Date.....

Individual entry form

Name:	Male/female
Address:	
Postcode:	
Telephone	Age on 20 th September 2015:
EA/ TRA Affiliated Club:	EA/TRA No:
Entry Fee enclosed:	Attached £5 Unattached £7

Declaration: I declare that the above entrant is medically fit to enter and take part at their own risk, and agree not to hold the organisers or any associated party responsible for any loss, injury or sickness that may arise as a result of their 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 the entry fee may be retained for the management and administration of the event.

Signed by Parent/Guardian..... Date.....

