

RIPON RUNNERS

Race held under UK Athletics rules - Licence Pending

Burn Valley Run

Sunday 7th July 2019, Start: 10.00 am

The Burn Valley is a one lap scenic course of half marathon (not suitable for wheelchairs, prams or pushchairs)

Race limit: 500 **Minimum age:** 17

Teams: to wear club vests - first 3 count

Entry fee: £17.00 attached - £19.00 unattached. No entries on the day

Closing dates: 22 June or sooner if limit is reached

Online entry: see www.riponrunners.org.uk

Paper entry: If you prefer, mail a completed entry form (one per entrant) to:

3 Old Post Office Cottages, Marton cum Grafton, York YO51 9QJ

Cheques payable to 'Ripon Runners'

Note: For race day information, include an SAE with your entry or visit the website.

Race number: collect at race HQ on the day – please arrive in plenty of time.

Race HQ: Masham Town Hall, Market Square, Masham Ripon, HG4 4DY

Prizes: TBC

Transfer of race numbers: Not permitted on the day; however this is possible if you email the recipient's full entry details (as listed on the form below) to the race director,

entrysec@riponrunners.org.uk

no later than **Friday 22nd June**.

***Safety:** Ensure you can hear marshals' safety instructions and the approach of overtaking vehicles and faster runners. iPods and MP3 players are prohibited from this event. Please keep to the left hand side of the road, unless otherwise instructed by the marshals.*

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Name M/F.....Date of Birth.....Age on Day.....

Address.....

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

Email address.....

Please add me to your club races email list

Please circle a T-shirt size: XS (35"), S (38"), M (40"), L (43"), XL (45")

Club/Association..... Entry Fee Enclosed.....

Registration NumberContact Phone Number.....

Declaration: I declare that I 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.

I agree that Ripon Runners may publish my personal information as part of the results of the race and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the race alone or combined with or compared to other races. Results will include (but not be limited to) name, any club affiliation, race times and age category.

Signed.....

Date.....

