

# RIPON RUNNERS

Race held under UK Athletics rules - 2019-35724

## Ripon 10 mile

**Sunday 12<sup>th</sup> May 2019, Start: 10.00 am**

The Ripon 10 is a one lap scenic multi-terrain course of approximately 10 miles (not suitable for wheelchairs, prams or pushchairs)

**Race limit:** 900    **Minimum age:** 17

**Teams:** to wear club vests - first 3 count

**Entry fee:** £15.00 attached - £17.00 unattached. No entries on the day

**Closing dates:** 3 May (paper entries), 10 May (online entries), or sooner if limit is reached

**Online entry:** see [www.riponrunners.org.uk](http://www.riponrunners.org.uk)

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

Ripon 10, 3 Old Post Office Cottages, Marton cum Grafton, York YO51 9QJ

Make cheques payable to Ripon Runners

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

**Race day information and results:**

[www.riponrunners.org.uk/ripon-10-mile](http://www.riponrunners.org.uk/ripon-10-mile)

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

**Race HQ:** Hell Wath Nature Reserve

*Please check our website for the latest parking information.*

**Prizes:** will depend on entries (only one per person except team prizes). T-shirt for all finishers (please select a size when you enter).

**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](mailto:entrysec@riponrunners.org.uk), no later than **Friday 10<sup>th</sup> May.**

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

----- Retain this page and mail page 2 to Ripon Runners -----

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Ripon 10 2019

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 Number .....Contact 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.....

