



RIPON RUNNERS

Ripon 10 Mile (Approx)

SUNDAY 13th MAY 2012

START: 10.30 am

HELD UNDER UK ATHLETICS RULES - LICENCE No 2012-103743

RACE LIMIT 600
A ONE LAP SCENIC MULTI TERRAIN COURSE of approx 10 miles
This event is not suitable for wheelchairs, prams or pushchairs.
The minimum age for the race is 17.
ENTRY FEE - £9.50 Attached - £11.50 Unattached
NO ENTRIES ON THE DAY. CLOSING DATE: 7th May OR SOONER IF LIMIT IS REACHED.
Teams to wear club vests. First 3 to count.

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 by the marshals.

For your own safety, to make sure that you hear marshal's safety instructions and the approach of overtaking vehicles and faster runners from behind...iPods and MP3 players are banned from this event.

ONLINE ENTRY AVAILABLE AT WWW.UKRESULTS.NET/ONLINE

Please send your completed entry form (one per entrant), entry fee, to:

Ripon 10, c/o UK Results, 1 Sutton Street, Blackburn, Lancashire BB2 5ES
Cheques should be made out to Ripon Runners

You will be able to check that your entry is successful at www.riponrunners.org.uk, together with further race information and results.

Your Race Number will be available for collection at Race Headquarters on the day – please make sure that you arrive in plenty of time.

----- **Cut ✂ here and retain top half** -----

ENTRY FORM

Name Male/Female.....Date of Birth.....

Address

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

Club/Association Entry Fee Enclosed.....

Registration Number Contact Phone 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.....

from ukresults.net