

The SELBY STRIDERS WISTOW 10 MILES RACE.

Sunday 24th October 2010. Starting at 11.00 a.m.

UKA Licence 2010-0085

Course Accuracy Certificate No 09/018.

Ran on a flat 'Figure of Eight' course.

(Narrow lanes, unsuitable for wheelchairs)

FOR SAFETY REASONS THE WEARING OF HEADPHONES BY COMPETITORS IN THIS RACE IS NOT ALLOWED.

NEW ENTRY PROCEDURE. You can now enter on line at www.ukresults.net

POSTAL ENTRIES SHOULD NOW BE SENT TO :- WISTOW 10 c/o UKResults. 1 Sutton Street. Blackburn. Lancashire BB2 5ES.

Please include an A5 SAE. ENTRY FEES are £11.00p for UKA affiliated runners and £13.00p for non affiliated. Cheques should be made payable to SELBY STRIDERS RUNNING CLUB.

The Closing date for all entries is **Sunday October 17th**. There is limit of 300 runners due to the nature of the course. So enter early to avoid disappointment. **There will be NO ENTRY ON THE DAY.**

UP & RUNNING



ENTRY FORM.

First name _____ Surname _____

Gender M / F ____ Date Of Birth ____ / ____ / ____ Age on Day of Race. _____

Address. _____

Post Code _____ Phone No _____

Email address _____ Name of UKA affiliated club. _____

Registration no (If applicable) _____ Fee enclosed £ _____

T shirt size Small ____ Medium ____ Large ____ Extra Large ____ (please tick your choice.)

Declaration. I confirm that I am taking part in this event entirely at my own risk and that I am medically fit. I will inform the organisers of any medical condition which may affect my participation in this event. I agree to abide by the rules of UK athletics and the event. I accept all the conditions of entry and acknowledge that the race organisers and their helpers shall not be liable for any personal injury or loss or damage as a consequence of my participation in the event. I understand the race organisers reserve the right to alter the arrangements and conditions, including the start time should circumstances require. I am over the age of 17 on the race day. (Parent to sign if under 18 years old).

Signature _____ Date _____ Ukresults.net