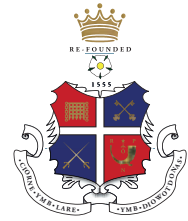


**In 2015 we are happy to be in support of  
The Jenny Unwin Appeal, North Stainley C of E Primary School  
([www.northstainley.n-yorks.sch.uk](http://www.northstainley.n-yorks.sch.uk)) and also Ripon Grammar School.**



Held under UKA Athletics Rules - licence number 2015-13540.

PLEASE BE AWARE PHOTOGRAPHY WILL BE TAKEN ON THE DAY. FOR USE BY LW.V.C.

Please circle to indicate which race you would like to enter - one entry form per person please.

I wish to enter the Lightwater Valley 10K Challenge (15yrs and over) /Family Run (9yrs and over) /Under 9's Field Run (Older people welcome to join them). I declare that I am an amateur as defined by UKA Rules and certify that I am medically fit to run. Furthermore, I agree that the organisers will in no way be held responsible for any injuries or illness incurred to my person during or as a result of the event.

## Race - Sunday, March 15th 2015

### Race Entry

10K U.K.A. adult member £10.00		10K Unaffiliated adult £12.00	
3K Fun Run entry adult £4.00		3K Fun Run entry child £3.00 3K	
Under 9's Field Run £2.00			

Forename: .....Surname: .....

Address: .....  
.....  
.....

Postcode: ..... Phone Number: .....

E-mail: .....

Club: ..... Membership no:(if applicable): .....

Age on race day: .....Male: ..... Female: .....

I enclose a cheque payable to the North Stainley Stags for the sum of £ .....

Please return forms with a STAMPED AND SELF ADDRESSED ENVELOPE to:-

5 Barton Way, North Stainley, Ripon HG4 3LE

Application Form also available to download from: [www.northstainley.n-yorks.sch.uk](http://www.northstainley.n-yorks.sch.uk)

Signed: .....Date: .....

**(parents/guardian signatures are required for all runners under 18 years of age)**

The Lightwater Valley Challenge  
10K multi terrain race / 3K family fun run