



TEESDALE ATHLETIC CLUB Raby Castle 10km

(Course Measurement Certificate No. 14/177)

Incorporating the

**North East Masters Athletic 10k Championship
Plus the**

5km Fun Run and 1.2k Fun Run

Staindrop, Darlington, Co. Durham DL2 3AH

Sunday 17th May, 2015

Race Start Times

1.2km Fun Run 10.00 am

5km Fun Run 10.35am

10km Race 11.00 am

Prizes for leading finishers

£50 bonus for male and female course record.

Male: 30:16: Yared Hagos
Female: 35:54: Sarah Tunstall

UKA Licence Number

Race Permit applied for

UKA Rules Apply



Please note: The course is around the beautiful parkland surrounding the castle. Mostly on tarmac but with a short good quality section of woodland trail. The course is not suitable for wheelchair athletes.

Entry Form - Please complete in block capitals

North East Masters Athletic 10k Championship Entry: Yes / No NEMAA Membership No.....
Championship confined to fully paid up members of NEMAA. No Entries for NEMAA Championships on the day

Surname..... Male / Female (please delete)
First Name..... Date of Birth..... Age on day of race.....
Address..... Athletic Club.....
..... UKA Reg. No.
..... Telephone No.....
Post Code..... E-mail.....

Note: Provision of email address authorises Teesdale AC to address emails for purposes of Teesdale AC Race information only.

10km Race (Min. age 16 years): Entry Fee £12 affiliated £14 unaffiliated
5km Fun Run: Entry Fee £6
1.2km Fun Run (Under 12 yrs old only) Entry Fee £2 Total Enclosed £

Please enclose a C5 size stamped addressed envelope with your cheque and entry form. Please ensure you attach stamps of the correct value to your envelopes. Teesdale AC takes no responsibility for non-delivery. Closing date for postal entries, Friday 8th May. Cheques payable to: Teesdale Athletic Club. Send entries to: Lilac Cottage, Whorlton, Barnard Castle, Co. Durham. DL12 8XA.

**10km Race - Entries on day - additional £2 per entrant. (No Entries on the day for NEMAA Championships)
1.2km accepted ONLY up to 9:45am. 5km accepted ONLY up to 09:45am. 10km accepted ONLY up to 10:15am.**

DECLARATION: I declare that my participation in this event is entirely my own risk and that none of the organisers or sponsors of the event, nor their members, servants or agents shall be liable in any way whatsoever in connection with any loss, damage, injury or death either caused to, or suffered by or caused by me. Neither are they responsible for any of my personal property lost, stolen or damaged. The organisers reserve the right to refuse entry.

Signature..... Date.....

(Parent/Guardian to sign if the applicant is under 18yrs of age on the day of the event)

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