

# The Dalby Dash '10k'!

Sunday November 13<sup>th</sup> 2016, 11.02am

In remembrance of our soldiers in the 1<sup>st</sup> & 2<sup>nd</sup> World Wars and subsequent wars & conflicts

*A beautiful run on Tarmac & hard trails, in association with Pickering Running Club*

(Remembrance Sunday, 2 minute's silence before start)

*In aid of the Pickering Rotary Club (Reg. No. 1026500) & Help for Heroes (Reg. No. 6363256)*

From the visitors centre, Low Dalby (3 miles north of Thornton Le Dale), North Yorkshire

By kind permission of the Forestry Commission of England (UKA Licensed)

With thanks to St John Ambulance

***Entries Open Until 8<sup>th</sup> November! (No Entries On The Day !!!)***

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## **PRIZES**

### **All Finishers Get Special Commemorative Prize!**

First 5 men, First 5 women, First 2 Vets (40-44, 45-49, 50-59, 60+) both sexes

Plus First Local man & woman (YO18 code), Plus 'King (& Queen) of the Hill' prize to first up House Dale

Prize ceremony in Low Dalby visitor's centre 12.30pm.

Cost of Entry: Unattached £14 (includes £2 UKA levy for unattached runners)  
Attached £12

***Enter at Race Web Site (booking fees apply)***

**[www.dalbydash.com](http://www.dalbydash.com)**



Forestry Commission

***Run York***



**Additional Prizes From MUMBAI LOUNGE Restaurant, Fossgate, York**  
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