



Selby Striders Wistow 10K

Sunday October 25th 2015 11:00am

Venue: Jubilee Hall Jubilee Road, Wistow, North Yorkshire.

Flat Course – Moving up from your 5k 'Race for Life' or going for an end of season PB or cooling down from the Yorkshire Marathon.

This is the course for you!



Certificate Number: 02/028

UK Athletics Rules Licence 2015- 13626

Finish Line Goodies to all finishers

Prizes/trophies for 1st, 2nd & 3rd Male and Female; Age Graded.

ENTRY FEE: £8:00 attached £10.00 unattached,

Race numbers will be collected on the day, please arrive by 10:15am.

ENTRY LIMIT: 300.

No entries on the day.

Online entries - www.bookitzone.com

More information: www.selbystriders.org.uk

Postal applications:

Please complete and return along with cheque payable to: **Selby Striders.**

Please enter me for the **WISTOW 10K**

Race Director, c/o 20, Garth Lane, Hambleton, Selby, YO8 9QA.

Family Name _____ FIRST Name _____

DATE OF BIRTH _____ AGE 25/10/2015 _____

GENDER: Male/Female * (*delete as applicable):

ADDRESS _____

POST CODE _____

TELEPHONE NO _____

EMAIL ADDRESS _____

AFFILIATED_Yes/No* **RUNNING CLUB** _____

Cancellation Policy.

We will put the safety of all competitors, marshals and members of the public above all other considerations. If the event is cancelled for any reason to ensure safety there will be **NO REFUNDS.**

Competitors Declaration.

I declare the information given above is correct and that I will only participate in the event if I am medically fit to do so. I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event and that I will follow the organiser's and marshalls' instructions.

SIGNATURE _____ **DATE** _____