

Ravenstonedale millennium fund and
Howgill Harriers present the

Ravenstonedale

10k Road Race

Saturday 29th November 2014 at 1.30pm

Registration at the primary school, Ravenstonedale
near Kirkby Stephen, Cumbria

Sponsored by

*The Black Swan Hotel and Kings Head
Ravenstonedale.*

ENTER EARLY - NUMBERS STRICTLY LIMITED TO 200

Fun Run at 12.00 mid day with great spot prizes!

Amazing prize list with the usual spot prize of incredible value for the main race, SOUP and a roll also !

AFFILIATED CLUB RUNNERS £8.00 (£12.00 on day)

NON-AFFILIATED £10.00 (£14.00 on day)

Postal Closing date 22nd November 2013.

Please note that if conditions make the race unviable there will be a challenge event over
mixed terrain, there will be no refunds.

Entry details

First Name ----- Surname -----

Address -----

UK Athletics no -----

Phone no. ----- e-mail -----

Male/Female ----- Date of birth ___/___/___ Age ___ (min 15)

Affiliated Club -----

Please send completed form, fee & SAE to:-

Ravenstonedale 10k, Murthwaite, Ravenstonedale, Kirkby Stephen, Cumbria CA17 4LP

I enclose Cheque for £ _____ Payable to Howgill Harriers.

Disclaimer: I agree to abide by the rules of the race laid down by UK Athletics and by the organisers. I will only compete if in good health and I understand that I enter at my own risk and that the organisers will not be liable for any injury, illness or loss of property as a result of my taking part in this event.

Signature ----- Date -----

UKA Affiliated permit applied for