



SWALEDALE ROAD RUNNERS PRESENT THE

UP & RUNNING



RICHMOND CASTLE 10K

SUNDAY 12th OCTOBER 2014 - 11AM START

UNDER UK ATHLETICS RULES - LICENCE APPLIED FOR,

COURSE MEASUREMENT CERTIFIED 10K DISTANCE

www.swaledaleroadrunners.co.uk

A scenic, challenging route that passes the River Swale and spectacular waterfalls and finishes in Richmond Castle.

The race even has its own beer festival. All finishers receive a commemorative item.

Course Records: Male, James Bulman 33:51 (2012). Female, Nicolene Van Staden 38:28 (2013).

Extensive prize list - 1st 5 Men & Ladies plus 1st 2 vets in 10 year age groups . Teams (3 to count)

Entry Fees £10 Attached, £12 Unattached. No entries on day unless race limit is not reached

Entries ON LINE ONLY by 09th Oct via www.bookitzone.com

[Any queries to rdspainting@btinternet.com](mailto:rdspainting@btinternet.com) or 07932032501

Please note: no audio devices allowed - entrants will be disqualified from the race if they run with audio devices such as ipods or mp3 players



First Name: _____ Surname: _____

Address: _____

Post Code: _____

Telephone: _____ E-Mail: _____

Date of Birth: _____ Age (on Race Day): _____ Sex (M/F): _____ Age Category: _____

Attached (Y/N): _____ Affiliated Club: _____

England Athletics Registration Number: _____

Competitors must be 16 years of age or over. Those aged 16 and 17 must run under the supervision of a responsible adult who signs this form. I declare I am an amateur as defined by UK Athletics Laws and will abide by the laws and rules of UK Athletics. I accept that the organiser and its sponsors will not be liable for any loss, damage, action, claim, cost or expense which may arise as a consequence of my participation in this race. I declare that I will not compete unless I am in good health and in full fitness on the day of the race and that in any event I will compete at my own risk. I acknowledge that my details will be retained on a computer or in a manual filing system by the organiser, UK Forms and UK Athletics for the purposes of this event and will not be passed to anyone by the organiser except for emergency services use, if appropriate, and to UK Athletics in accordance with their licence requirements for this race and I consent to such use and processing of my details. In the opinion of the organiser, the nature of the course makes this race unsuitable for wheelchair athletes.

Signature _____

(by Parent or Guardian if under 18)

