



## Selby Striders Wistow 10K

**Sunday October 30th 2016 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!***

UK Athletics Rules Licence TBA



Certificate Number: 12/266

### Finish Line Goodies to all finishers

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

**ENTRY FEE:** £10:00 attached £12.00 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](http://www.bookitzone.com)**

**More information: [www.selbystriders.org.uk](http://www.selbystriders.org.uk)**

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### Postal applications:

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

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** \_\_\_\_\_