

GOOLE VIKING *Striders*

PRESENT THE 28th ANNUAL RIVER BANK CHALLENGE 2009

APPROX. ONE THIRD OF A MARATHON ALONG THE BANKS OF THE RIVER OUSE

**SUNDAY, 7th JUNE, 2009 - 11.00 a.m.
FROM WESTFIELD SPORTS COMPLEX, GOOLE**

MEMENTO TO ALL FINISHERS OF THE MAIN EVENT

- ★ AMPLE DRINKS STATIONS
- ★ CHANGING FACILITIES AVAILABLE AT THE WESTFIELD SPORTS COMPLEX
- ★ REFRESHMENTS
- ★ PRIZE GIVING IN THE BAR AT 1 p.m.
- ★ SPOT PRIZES
- ★ LIMITED ENTRIES ON RACE DAY
£1.00 SURCHARGE

ENTRY FEE U.K.A. CLUB RUNNERS £7.00
UNATTACHED RUNNERS £9.00

★ PRIZES IN THE FOLLOWING CATEGORIES ONE PRIZE PER PERSON EX TEAM PRIZES

- | | |
|-----------------------|------------------------|
| 1st 10 MEN | 1st 4 LADIES |
| 1st 2 MALES (over 40) | 1st 2 LADIES (over 35) |
| 1st 2 MALES (over 45) | 1st 2 LADIES (over 40) |
| 1st 2 MALES (over 50) | 1st 2 LADIES (over 45) |
| 1st MALE (over 60) | 1st LADY (over 50) |
| 1st MALE TEAM | 1st LADIES TEAM |
- (1st 3 of each affiliated club score) must wear club colours

NB: Late entries will qualify for a prize

DECLARATION: I declare that (i) I am an amateur according to the U.K.A. rules and will be 16 years of age by the day of the race (ii) I will observe the rules of the race and do everything possible to ensure the safety of myself and others (iii) I am medically fit to run and understand that I enter at my own risk, and that the organiser will in no way be responsible for any injury or illness incurred by me during or as a result of the race (iv) I understand that the organisers are not responsible for any property lost on the course or in the changing rooms (v) I undertake to retire from the race if requested to do so by a race official.

ENTRIES CLOSE SATURDAY, 30th May, 2009

2 MILE FUN RUN (approx)

START 10.00 a.m. - ENTRY FEE £2.50 - MEDAL TO ALL FINISHERS

ENTRIES ON THE DAY ACCEPTED

ENTRY FORM

PLEASE ENTER ME FOR THE RIVER BANK 1/3 MARATHON PLEASE ENTER ME FOR THE FUN RUN

N.B. Entries for 1/3 Marathon - minimum age 16 on the day

NAME

ADDRESS

Telephone

Email

U.K.A. CLUB (if any)

Fee enclosed £ (Please make cheques payable to 'Goole Viking Striders')

SIGNED FUN RUN (parent/guardian) DATE

MALE

- 39 yrs & UNDER
- 40-44 yrs
- 45-49 yrs
- 50-59 yrs
- 60 +

FEMALE

- 34 yrs & UNDER
- OVER 35 yrs
- OVER 40
- OVER 45

PLEASE TICK RELEVANT BOX

Please send completed entry form to GOOLE VIKING STRIDERS, c/o JULIE MASTERMAN, 57 ST. LAWRENCE AVENUE, SNAITH, GOOLE, DN14 9JH Tel. 01405 861273
IMPORTANT: PLEASE ENCLOSE LARGE S.A.E. (AT LEAST 9" x 6") FOR NUMBER (NO S.A.E. NO NUMBER) N.B. NO ACKNOWLEDGEMENT WILL BE SENT