

Driffield Striders
Proudly Present The Annual
Driffield Mucky Duck
Multi-terrain 8 ½ mile run
SUNDAY 17th MAY 2009 11.00 Start.

- Scenic 8.5 mile multi terrain race starting and finishing at Driffield Rugby Club, YO25 9DW.
- T-shirt to all finishers, category prizes and spot prizes awarded.
- Parking, refreshments and showers.
- Team Challenge; open to anyone who is not a member of a running club, first three to count.
- Male and female club teams; open to affiliated clubs wearing team colours, first three to count.

Permit applied for



Race Sponsors

Wolds Way
to Health

**SAM
HAVLER
SPORTS
INJURIES
CLINIC**

UKA Rules Apply



Simply Running

Family Fun Run

A flat course of approx 1 mile all within enclosed grounds. 10.00 start. Medal to all finishers.

Entry Fees	Mucky Duck	attached	£8.00	unattached	£10.00
	entry on day as above plus		£1.00		
	Fun Run		£2.50		

Entries to: Mrs G Eling, 19 Almond Close, Driffield, YO25 6SJ. Tel (01377) 253571
 Cheques payable to Driffield Striders website: www.driffieldstriders.org.uk
 Please enclose SAE (9x6) one entry per form
 Photocopies accepted Closing date 9th May 2009

Entry Form

DECLARATION: I declare that I am an amateur according to UKA rules and that I am medically fit to run. I accept that the organisers shall not be liable for any injury, illness, damage or loss of property sustained as a result of my taking part in this event.

I wish to enter the **Mucky Duck** **Fun Run**

Surname:		First Name:	
Address:			
		Postcode:	
Telephone		Email:	
Team Challenge Team Name :			
Age on Race Day:		Date of Birth:	M/F :
Club:		Competition Licence number:	

Please indicate T-Shirt size by ticking the relevant box below:		
Small (34"- 36") <input type="checkbox"/>	Medium (38"- 40") <input type="checkbox"/>	Large (42"- 44") <input type="checkbox"/>

Signed _____ Date _____