

A NEW EVENT to replace the Selby Half Marathon
The SELBY STRIDERS
WISTOW 10.

UKA Licence application in progress.
ran on a flat "Figure of Eight" course.
Sunday 13th September 2009. Starting at 11.00 a.m.

Prize list :- First 3 finishers, first team (3 to count), & first finisher in 6 vets age groups
from 40 to 65 (males) and 35 to 60 (females).

Minimum age on day of the race – 16 years old.

Entry fee :- £10.00p for UKA members, £12.00p for unaffiliated runners.

Closing date Saturday 5th September 2009. **No entries on the day.** **Race Limit 300.**

All entries must include an A5 sized SAE or larger, with correct postage. **No A5 SAE - no entry.**

Cheques made payable to SELBY STRIDERS RUNNING CLUB.

Send to :- the Race Secretary. Selby Striders Running Club. 28 Croftway. Selby. North Yorkshire. YO8 9DD.

FOR SAFETY REASONS THE WEARING OF HEADPHONES BY COMPETITORS IN THIS RACE IS NOT ALLOWED.

ENTRY FORM.

First name _____ Surname _____

Gender M / F ____ Date Of Birth ____ / ____ / ____ Age on Day of Race. _____

Address. _____

_____ Post Code _____ Phone No _____

Email address _____ Name of UKA affiliated club. _____

Registration no (If applicable) _____ Fee enclosed £ _____

T shirt size Small ____ Medium ____ Large ____ Extra Large ____ (please tick your choice.)

Declaration. I confirm that I am taking part in this event entirely at my own risk and that I am medically fit. I will inform the organisers of any medical condition which may affect my participation in this event. I agree to abide by the rules of UK athletics and the event. I accept all the conditions of entry and acknowledge that the race organisers and their helpers shall not be liable for any personal injury or loss or damage as a consequence of my participation in the event. I understand the race organisers reserve the right to alter the arrangements and conditions, including the start time should circumstances require. I am over the age of 16 on the race day. (Parent to sign if under 18 years old).

Signature _____ Date _____