



SWALEDALE ROAD RUNNERS
PRESENT
THE HILLY CLOTHING COMPANY

HILLY

RICHMOND CASTLE 10K

SUNDAY 17th OCTOBER 2010 - 11AM START
UNDER UK ATHLETIC RULES - LICENCE APPLIED FOR

YORKSHIRE AT IT'S BEST- BEAUTIFUL DALES TOWN, SCENIC COURSE, SPECTACTULAR FINISH IN CASTLE AND A BEER FESTIVAL

EXTENSIVE PRIZE LIST- 1ST 5 MEN & 1ST 5 LADIES PLUS 1ST 2 VETS IN 5 YEAR AGE GROUPS, TEAMS (4 TO COUNT)

ADDITIONAL £125.00 CASH PRIZE AVAILABLE FOR 1ST MAN TO FINISH SUB 31.30 & 1ST LADY TO FINISH SUB 36.30

EACH FINISHER WILL RECEIVE A SPECIAL COMMEMORATIVE ITEM FROM HILLY CLOTHING COMPANY

ENTRY FEES £10.00 ATTACHED , £12.00 UNATTACHED. ENTRIES ON THE DAY £2.00 EXTRA IF RACE LIMIT NOT REACHED

ENTRIES BY 9TH OCTOBER TO PETER RICHARDSON, RICHMOND CASTLE 10K, 7 MASTIL CLOSE, LITTLE CRAKEHALL, BEDALE, DL8 1HL

CHEQUES PAYABLE TO " SWALEDALE ROAD RUNNERS" ENCLOSING A 9" x 5" SAE or ENTER ONLINE AT www.ukresults.net

COURSE RECORDS: MARTIN SCAIFE 31.59 (2006) AND SARAH TUNSTALL 37.15 (2008)

www.swaledaleroadrunners.co.uk



ENGLISH HERITAGE



CAMPAIGN
FOR
REAL ALE

FIRST NAME _____ SURNAME _____

ADDRESS _____

POSTCODE _____

TELEPHONE _____ E-MAIL _____

DATE OF BIRTH _____ AGE (ON RACE DAY) _____ SEX M/F _____ AGE CAT. _____

ATTACHED Y/N _____ AFFILIATED CLUB _____

ENGLAND ATHLETICS REGISTRATION NUMBER _____

COMPETITORS MUST BE 16 YEARS OF AGE OR OVER. 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 WILL NOT BE LIABLE FOR ANY LOSS, DAMAGE, ACTION, CLAIM, COST, EXPENSES WHICH MAY ARISE IN THE CONSEQUENCE OF MY PARTICIPATION IN THIS RACE. I DECLARE THAT I WILL NOT COMPETE UNLESS I AM IN GOOD HEALTH ON THE DAY OF THE RACE AND THAT IN ANY EVENT I WILL COMPETE AT MY OWN RISK. COMPETITORS RIGHTS ARE COVERED BY THE DATA PROTECTION ACT.

SIGNATURE _____

