

RIPON RUNNERS

PRESENT THE 2008

JOLLY HOLLY JOG 10K APPROX'

KINDLY SPONSORED BY

WOLSELEY
UK

Incorporating The Shaun Johnstone Memorial Trophy

SUNDAY 28th DECEMBER 2008
START:1115 hrs

HELD UNDER UK ATHLETICS RULES

LICENCE No 11163

RACE LIMIT 600

A ONE LAP SCENIC MULTI TERRAIN COURSE

This event is not suitable for wheelchairs, prams and pushchairs etc due to uneven surfaces

Age limit 16 - Not suitable for runners under 16 years of age due to the degree of difficulty and strenuous nature of the course

All 10 k finishers will receive a Memento

FUN RUN – 1.5 mile off road – 1000hrs

Parking and facilities at Ripon Cricket Club, Studley Road Ripon. HG4 2QH

JOLLY HOLLY JOG ENTRY FEE £8.00 Attached £10.00 Unattached

NO ENTRIES ON THE DAY. *CLOSING DATE: 13.12.08 OR SOONER*

IF LIMIT IS REACHED.

EARLY ENTRY ADVISED

FUN RUN ENTRY FEE – £2.00. Entries in advance or before 09.45 on the day

IMPORTANT INFORMATION - PLEASE RETAIN

JOLLY HOLLY JOG 28th DECEMBER 2008

FUN RUN START 1000 hrs

10K START 1115 hrs

PLEASE NOTE

Prizes will depend on entries (only one per person except team prizes)

Teams to wear club vests. First 3 to count.

The exchange or selling of numbers is not permitted. Would all runners keep to the left hand side of the road, unless otherwise instructed, thereby complying with a local police directive in respect of the 'Health and Safety Act 1993'. Failure to comply may lead to runners being disqualified.

Disclaimer

Ripon Runners accept no responsibility if race is cancelled due to unforeseen circumstances.

**PLEASE HELP US TO PRESERVE LOCAL ROAD RUNNING
FURTHER INFORMATION AND RESULTS CAN BE FOUND AT**

www.riponrunners.co.uk

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ENTRY FORM - One per entrant

DECLARATION: I HEREBY DECLARE THAT I AM AN AMATEUR AS DEFINED BY THE BAF RULES. I AGREE TO ABIDE BY BAF RULES AND UNDERSTAND THAT THE ORGNISERS OF THE RACE WILL NOT BE HELD LIABLE FOR ANY INJURY, LOSS OR ILLNESS HOWSOEVER RESULTING FROM THE RACE.

SURNAME: _____

FORENAME: _____

ADDRESS: _____

TELEPHONE NO: _____

CLUB: _____

TERRITORIAL No: _____

CHEQUES PAYABLE TO "RIPON RUNNERS"
ENTRIES TO: RACE SECRETARY,
BRETTON HOUSE, BALDERSBY, THIRSK,
YO7 4PP

*HAVE YOU ENCLOSED 1) ENTRY FORM
2) PAYMENT, 3)SAE (MAX 9" X 6.5")*

*NB larger envelopes need more postage
Royal Mail do not deliver if post underpaid*

DATE OF BIRTH: _____

AGE ON RACE DAY: _____
(MINIMUM AGE 16 FOR 10K)

CATEGORIES FOR 10K (PLEASE CIRCLE AS APPROPRIATE)

MALE: U/21	21-34	35-39
40-44	45-49	50-54
55-59	60-64	65/Over

FEMALE: U/21	21-34	35-39
40-44	45-49	50-54
55-59	60-64	65/Over

FUN RUN: M/F (CIRCLE AS APPROPRIATE)
FUN RUN - ANY AGE - £2
10K ATTACHED - £8
10K UNATTACHED - £10

AMOUNT ENCLOSED £ _____

SIGNATURE: _____
(PARENT OR GUARDIAN IF UNDER 18)

DATE: _____