



# Helmsley 10k

## Multi Terrain Challenge

### Sunday 31<sup>st</sup> March 2013 @ 10am



Licence No: 2013-104958

**The Helmsley 10k challenge** is a multi terrain race partly on road, partly on forestry track and footpaths and fields. The total distance is 10km. Minimum age: 15 on 31<sup>st</sup> March 2013. The nature of this course makes it unsuitable for wheelchair athletes. Dogs are not allowed on the playing field or on the course. Assembly at the Sports Ground, Baxton's Lane, Helmsley, YO62 5HT.

**Children's Races.** Following the success of last year there will be children's races on the sports field for children aged 5 – 14 starting at about 11am. There will be 4 races, one each for school year groups 1 – 2, 3 – 4, 5 – 6 and for children aged 11 – 14 who are in secondary school. Entry will be on the day only and will cost £3. For further details email Vicky Tomlinson (see below).

**Prizes:** The mug is back! The first 300 finishers are guaranteed a mug and an Easter Egg. Voucher prizes for the usual categories. Please see [www.helmsleysports.org](http://www.helmsleysports.org) for full details.

**Entry:** May be made **by post** or **online** at the sites below:

- [www.helmsleysports.org/page15.htm](http://www.helmsleysports.org/page15.htm) or at: [www.ukforms.net/onlineentries.html](http://www.ukforms.net/onlineentries.html)
- Postal entries close Saturday 23rd March 2013, Online entries close Thursday 28<sup>th</sup> March 2013.
- Payments will not be acknowledged unless an email address is supplied.
- Cheques payable to 'Helmsley Sports.Org' – Fee: £10 registered, £12 unregistered.
- Entries on day, £3 extra.
- **Please enclose sae C5 (9" x 6") for race number to be sent in advance.**

**Postal entries to:** Vicky Tomlinson, 5 Birklands, Beadlam, Nawton, North Yorkshire, YO62 7ST.  
Tel: 01439 772468 Email: [vicky.tomlinson29@btinternet.com](mailto:vicky.tomlinson29@btinternet.com) **C5 (9" x 6") sae must be included.**

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Helmsley 10k Challenge Entry Form		
First Name	Surname	
Address		
Postcode	Telephone (inc STD code)	Email:
Male/Female (delete as appropriate)	Date of Birth	Age on 08/04/2012
Club		E A No:
I declare that I am an amateur as laid down UK Athletic Laws. I am medically fit to take part in the race. I understand that the organisers willing no way be responsible for any injury, illness or loss due to my participation. Data Protection Act: I understand and agree that the above details will be stored on a computer for race administration purposes and will <u>not</u> be supplied to a commercial organisation. V1		
Signed: <i>(By parent or guardian if under 18)</i>		