

Sunday - March 17th 2013

Lightwater Valley Theme Park,
North Stainley, Ripon HG4 3HT

THE LIGHTWATER VALLEY CHALLENGE

10k MULTI TERRAIN RACE / 3K FAMILY FUN RUN

North Stainley Stags support Run Britain - website: www.realbuzzrunbritain.com



Held under UKA Athletics Rules
- licence number 2013-105012

**In support of British Limbless Ex Service Men
Association and North Stainley C of E
Primary School**



Start times:- 3K Fun Run 10.00am Lightwater 10K - 11.00am Under 9's Field Run - 11.15am

The 10K race is a multi-terrain race that takes you through Lightwater Valley Theme Park and into the surrounding countryside. It follows gravel tracks with one mile of road running. Overall the race is undulating. The 3K fun run takes place within the grounds of Lightwater Valley Theme Park.

Medals & Trophies

Medals for all finishers. Trophies to 1st senior male and female under 40, 1st vet male and female 40+,
Medals and trophies made by Jenny Ruth Workshops supporting adults with learning disabilities.
(www.jennyruth.co.uk)

FIRST AID : ACCURATE MILE MARKERS : DRINKS STATION : REFRESHMENTS & TOILETS : PARKING
(not suitable for disabled athletes: no changing facilities)

Please circle to indicate which race you would like to enter - one entry form per person please.

I wish to enter the Lightwater Valley 10K Challenge (15yrs and over) /Family Run (9yrs and over) /Under 9's Field Run (older people welcome to join them). I declare that I am an amateur as defined by UKA Rules and certify that I am medically fit to run. Furthermore, I agree that the organisers will in no way be held responsible for any injuries or illness incurred to my person during or as a result of the event.

Race Entry

10K U.K.A. adult member £10.00		10K Un-affiliated adult £12.00	
3K Fun Run entry adult £4.00		3K Fun Run entry child £3.00 3K	
Under 9's Field Run £2.00			

FORM DESIGNED BY ANDY BICKERDIKE 07968594874

P.T.O

Forename:Surname:

Address:

.....

Postcode: Phone Number:

E-mail:

Club: Membership no:(if applicable):

Age on race day:Male: Female:

I enclose a cheque payable to the North Stainley Stags for the sum of £

Please return forms with a STAMPED AND SELF ADDRESSED ENVELOPE to:-
5 Barton Way, North Stainley, Ripon HG4 3LE
Application Form also available to download from:
www.riponrunners.org.uk and www.northstainley.n-yorks.sch.uk

Signed:Date:

(parents/guardian signatures are required for all runners under 18 years of age)
The Lightwater Valley Challenge
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You can also register online at UKforms.net

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