

Barton & District AC DEEPDALE DASH 10K & 2K FUN RUN



Held under UKA Rules, Licence applied for, not suitable for Wheel Chairs, Push Chairs, Dogs etc

Sunday 7th November 2010

Baysgarth School, Barrow Rd, Barton, North Lincolnshire, DN18 6AE

10am: 2K Fun Run: Run around Baysgarth School Field, all ages welcome. All proceeds donated to World Challenge.

11am: 10K Deepdale Dash: Scenic 10k road race, undulating course.

10K Deep Dale Dash

UKA Club Members: £9.00
Unattached Runners: £11.00
Postal Entries Close : 22nd October 2010
+£2.00 on the day before 10.00 am up to race limit of 200

2K Fun Run

Entry Fee: £3.00
Postal Entries Close : 22nd October 2010
& on the day before 9.30 am

- Prize for 1st, 2nd, 3rd M/F (£25,£15,£10)
- Prize for 1st in each age category M/F Jnr/35+/45+/55+/65+
- Prize for 1st M/F **unattached athlete** living in DN18 or DN19
- T Shirts to all 10K finishers
- Medal for all Fun Run finishers
- Ample Car Parking
- Refreshment Facilities

Please accept my entry for the **DEEPDALE DASH 10K** **2 K FUN RUN** (please circle)

NAME:			
ADDRESS / POST CODE			
ATHLETICS CLUB / EA #	Male / Female		
E-mail	D.O.B / Age on Race Day		
T Shirt Size	S	M	L XL (please circle)

DECLARATION: I declare that I am an amateur as stated in UKA rules and will abide by those rules. I will be 15 years of age or over on the day of the race. Hereby agree that the organisers or associates shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the Race. (Parent or Guardian if entrant under 17 on the 7th November 2010)

SIGNED _____

DATE _____



Cheques Made Payable to: Barton & District AC
Return Entry Form plus 9x6 Stamped Addressed Envelope and sufficient postage for race number and information to **Claire Farrow, River Farm, Barton upon Humber, North Lincolnshire, DN18 5RH**

For more information go to www.barton-district-ac.co.uk or Telephone Claire Farrow 01652 637013

