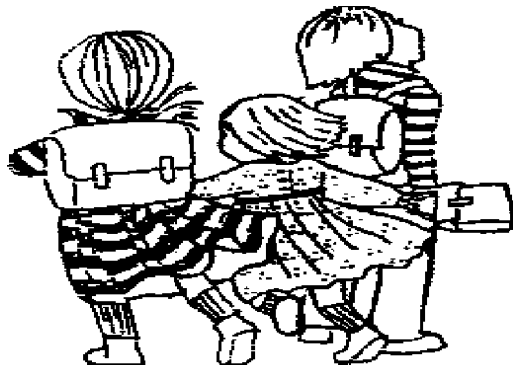


Long Marton Helm Winds 3 Villages Road/Ghyll 10K Run & Junior Races.



Sunday 13th May 2012
Junior Races Start 1pm
Senior 2pm approx

'The School Field' Long Marton School, Appleby, Cumbria, CA16 6BT.
017683 61397

Surname:		Postal Address:	
Firstname:			
Date of Birth:	Age on Day:		
Club:			
Gender: Male Female	Category:	Postcode:	
Telephone:		Email Address:	

Senior Race - Mixed Road/Ghyll – 10km Adult & 15yrs+ (Under 18's to be accompanied by an adult) Vet 40 Vet 50 Vet 60.

Junior Races – Trail - 5 & under – 6&7yrs - 8&9yrs (1.6km)
 10&11yrs – 12&13yrs – 14yrs+ (3km)

Please circle to indicate age category.

Declaration

A signed entry form will be considered as an acceptance of rules/regulations and a declaration that you compete entirely at your own risk. (Juniors to be signed by parent / accompanied adult)

Signed:	Date:
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Pre entry using this form, cheques made payable to FOLMS to the above address or entry on the day; registration from 11.45 (closes 15min before races start).

Entry Fee 10km £5.00, Juniors 1.6km & 3km (under 16yrs) £1.50.

1st, 2nd & 3rd place prizes for each age category Junior & Senior Male & Female.

1st Place prizes for Vet 40, 50 & 60 Male & Female.

Enquiries: to John Davis on 017683 61397 in school hours or Lucy Donnelly on 07962422220