



**SWALEDALE ROAD RUNNERS  
PRESENT  
THE HILLY CLOTHING COMPANY**



# **RICHMOND CASTLE 10K**



CAMPAIGN  
FOR  
REAL ALE

**SUNDAY 14th OCTOBER 2012 - 11AM START**

**UNDER UK ATHLETIC RULES - LICENCE NO. 2012-103097**



03/069

**A Scenic, challenging route that passes the River Swale, Spectacular Waterfalls and finishes in Richmond Castle**

**The race even has it's own Beer Festival. All finishers receive a special commemorative item of Hilly Clothing**

**Extensive prize list - 1st 5 Men & Ladies plus 1st 2 vets in 5 year age groups up to M70 & F65 -Teams (4 to count)**

**Entry Fees £10 Attached, £12 Unattached. No entries on day unless race limit is not reached**

**Entries by 7th Oct to Pete Richardson, 7 Mastil Close, Little Crakehall, Bedale, N Yorkshire, DL8 1HL**

**Cheques payable to Swaledale Road Runners enclosing a 9" x 5" SAE or enter via [www.ukresults.net](http://www.ukresults.net)**

**COURSE RECORDS: MARTIN SCAIFE 31.59 (2006) AND SARAH TUNSTALL 37.15 (2008)**

[www.swaledaleroadrunners.co.uk](http://www.swaledaleroadrunners.co.uk)



FIRST NAME \_\_\_\_\_ SURNAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POSTCODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE (ON RACE DAY) \_\_\_\_\_ SEX M/F \_\_\_\_\_ AGE CAT. \_\_\_\_\_

ATTACHED Y/N \_\_\_\_\_ AFFILIATED CLUB \_\_\_\_\_

ENGLAND ATHLETICS REGISTRATION NUMBER \_\_\_\_\_

COMPETITORS MUST BE 16 YEARS OF AGE OR OVER. I DECLARE I AM AN AMATEUR AS DEFINED BY UK ATHLETICS LAWS AND WILL ABIDE BY THE LAWS AND RULES OF UK ATHLETICS. I ACCEPT THAT THE ORGANISER WILL NOT BE LIABLE FOR ANY LOSS, DAMAGE, ACTION, CLAIM, COST, EXPENSES WHICH MAY ARISE IN THE CONSEQUENCE OF MY PARTICIPATION IN THIS RACE. I DECLARE THAT I WILL NOT COMPETE UNLESS I AM IN GOOD HEALTH ON THE DAY OF THE RACE AND THAT IN ANY EVENT I WILL COMPETE AT MY OWN RISK. COMPETITORS RIGHTS ARE COVERED BY THE DATA PROTECTION ACT. IN THE OPINION OF THE ORGANISERS THE NATURE OF THE COURSE MAKES THIS RACE UNSUITABLE FOR WHEELCHAIR ATHLETES.

SIGNATURE.....  
BY PARENT/GUARDIAN IF UNDER 18.

