



Sunday 17th July 2016 At 11.00am



Plus 3K JUNIOR FUN RUN at 10.00am. Race distances are approximate.

ORGANISED BY THE BURTON LEONARD FEAST & SPORTS COMMITTEE

RACE INFORMATION :- The 10K is a testing one lap course on country lanes, tracks & field. **New for 2016 - Chip timing.** Start & finish in school field. HQ / toilets / refreshments at Village Hall. Please use the car park provided, as street parking is limited. Drinks halfway and at the finish. St. John Ambulance in attendance. Mementos to all finishers in both events. All proceeds in aid of Burton Leonard Feast and Sports Day. Junior fun run 10.00am. Courses not suitable for wheelchairs/pushchairs. Please arrive in good time.

ENTRY INFORMATION :- No 10K entries on the day. Must be aged 15 and over. Include your email address for a 10K entry confirmation. Collect your race number and timing chip on the day. Print in BLOCK LETTERS & return to:- Simon Cave, 8 West Terrace, Scarah Lane, Burton Leonard, Harrogate, HG3 3RR. Tel. 01765 677610. **10K Entry Fee :- £10.00 Attached (must be UKA registered), £12 Unattached.** CHEQUES PAYABLE to:- Burton Leonard Feast & Sports. **Closing date 11th July.** No refunds. No transfers. All FUN RUN entries are on the day, £3.00 (entries close 09.30). 10K entries also available on-line at www.runbritain.com

PRIZE LIST : 10K : First 3 Men, & 1st O/40, O/50, O/60, O/70. First 3 Women & 1st O/35, O/45, O/55, O/65. 1st Mens & Women's Teams (club colours must be worn). **Junior Fun Run :** Trophies to various age U15 groups. *One prize per person.*

OFFICIAL 10K ENTRY FORM – *Please enter in advance. No entries on the day.*

FIRST NAME		SURNAME	
MALE / FEMALE		AGE ON RACE DAY	(MUST BE 15 OR OVER)
Address:			
Post Code :			
Tel. No.			
Email address			
UK Club Required for £10 attached		UKA Reg. No. Required for £10 attached	
Declaration : Please enter me for this event for which I enclose the appropriate fee. I am an amateur as defined by UK Athletics and agree to abide by their rules. I am medically fit and understand that the organisers will not accept any responsibility for any injury, loss or illness caused to me during or as a result of the race or for any property lost or damaged during the event.			
Signed :		Date :	



Further information and on-line entries at www.burtonleonard10k.co.uk