

The Ellenborough 10K



ELLENBOROUGH AC EVENT IN ASSOCIATION WITH MARYPORT TOWN COUNCIL

Undulating/Hilly R.R.C. measured course (Held under UKA rules). Permit No 2010-0366.
Runners of all abilities welcome. Minimum age for competition is 15 years of age.

Start – 7.15pm 4th August 2010.

Start, Finish, Registration and Changing at the Netherhall Rugby Club, Maryport.

Prize list: Comprehensive including Male and Female Individual and Veteran.
Club vests MUST be worn.

Entry fees: Cheques made payable to Ellenborough A.C.

Affiliated Club £4, Unattached Runners £6 (over 70 free). Closing date for postal entries 29th July 2010.

Please note, entries on the day will be Affiliated Club £5, Unattached Runners £7 (over 70 free).

Entry form for Ellenborough 10K Road Race

Surname: First Name:

Age on Day of Race: Date of Birth:/...../..... Male/Female:

Affiliated Club (if any): UKA Reg. No :

Address:

Post Code: Tel No:

Declaration

I hereby declare that I am an amateur according to UKA rules. That my participation in this event is entirely at my own risk. None of the organisers or sponsors of the event nor their members, servants or agents shall be liable in any way whatsoever in connection with any loss, damage, injury or death, either caused to, or suffered by me.

Signature: Date:

Please forward complete entry form and S.A.E. to
Mr Paul Wilson, 3 The Promenade, Maryport, Cumbria, CA15 6JD