



BLENGDALE RUNNERS ATHLETICS CLUB PRESENTS THE

GOSFORTH FUN RUN

Wednesday June 10th, 2009

START TIME 7.20 P.M.

OPEN TO ALL NO MATTER HOW FAST OR SLOW

SAFER OFF ROAD COURSE

NO AGE LIMIT BUT CHILDREN UNDER 8 MUST BE ACCOMPANIED BY AN ADULT.

MEDALS TO ALL FINISHERS;
PRIZES TO WINNERS IN EACH CATEGORY

SEND ENTRIES OR CALL ON : - DOT or MEL GOULD
91 MEADOWFIELD
GOSFORTH
CUMBRIA
CA20 1HU TEL 019467 25693

ADVANCE ENTRIES ONLY £2 - ON THE NIGHT IT'S £2.50 - LAST ENTRIES 7.10 p.m.
ALL CHEQUES MADE PAYABLE TO "GOSFORTH 10".
ALL PROCEEDS FROM YOUR ENTRY GO TO SELECTED LOCAL CHARITIES

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DISCLAIMER.

I am medically fit to run and understand that the race organisers will in no way be held responsible for any loss, damage, action, claim, cost or expenses, which may arise in consequence of my participation in this event.

NAME.....

ADDRESS.....

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AGE..... MALE..... OR FEMALE.....

UNDER 8 UNDER 12..... UNDER 16..... ADULT.....

Signed.....

Date.....