



RURAL RUN



Scenic multi terrain races – just over **10k** or **5k**, also a children's **1 mile** road race – something for everyone

Sunday 12th July 2009

All races start from All Saints School, Kirkby Overblow, HG3 1HD
 1 mile - 10.00am 10km - 10.25am 5km - 10.35am

Limited number of entrants

Cash Prizes for 1st, 2nd & 3rd men & women. Goody bags for all competitors.

Minimum age for the 10k is 13. All children under 6 years should be accompanied by an adult (no entry fee required for accompanying adults in the children's 1 mile race).

The 10k & 5k races will be almost entirely on undulating country tracks, so please wear appropriate footwear as it may be muddy/uneven.

There will be BBQ & refreshments available at school throughout the morning.

Children (12 years and under) £2	Adult entries in advance £7 (closing date – 4 th July)	Adult entries on the day £8
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COMPETITORS NAME	M/F	1 Mile/5K/10K	Tick if 12 years and under	Entry Fee
TOTAL ENTRY FEE				£

CONTACT ADDRESS.....

.....POSTCODE.....

TEL.....E-MAIL.....

- Cheques payable to 'Kirkby Overblow School PTA'
- Return completed form **with a large SAE** to "Rural Run, All Saints C of E Primary School, Main Street, Kirkby Overblow, HG3 1HD"

I declare that I am medically fit to participate in the event and that I have no medical or other disabilities that would endanger myself or others taking part. I accept the organisers, officials and landowners shall in no circumstances be liable for any injury, loss or damage howsoever sustained in connection with the run. Please note that this is an unaffiliated race, please organise insurance if required.

SIGNED.....

DATE.....

For further enquiries please e-mail vicky@vickyeyre.freeserve.co.uk

Raising funds for the PTA of All Saints School