

NORTH YORK MOORS AC

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9th CASTLETON SHOW RUN

FROM THE CASTLETON SHOWFIELD/CRICKET PITCH

(only 9 miles from Guisborough, off Whitby Moor road A171)

ON SATURDAY 11 SEPTEMBER 2010 AT 1.30PM

A MOST SCENIC AND UNDULATING **ROAD** COURSE THROUGH THE HEART OF THE NORTH YORK MOORS NATIONAL PARK, TAKING IN DIBBLE BRIDGE, HOB HOLE AND WESTERDALE - APPROXIMATELY 6 miles

A ROAD RACE FOR FELL RUNNERS – A FELL RACE FOR ROAD RUNNERS!!

Course records: Male –32.42 (Andy Hilton 2006), Female – 39.27 (Alison Raw 2004)

Under UK Athletics Rules. Licence No. 2010-100905

Make it family day out - plenty of showfield attractions - exhibitor's marquees, children's rides, trade and craft stands, children's races, live music, home baking for sale (highly recommended!) etc

- * Prizes awarded to leading individuals, veterans and teams
- * All entrants must be at least 16 years old on the day of the race
- * Entry fee UKA registered £5, unattached £7
- * **Pre-entries** have *free entry* to showfield on production of race number/ticket
- * **Entries on day most welcome - but** will have to *pay to enter* the showfield (adults £2.50)
- * Postal entries - cheques made payable to 'Chris Wright'
- * Enclose a Stamped Addressed Envelope for race number and Showfield ticket.

Pre-entries (close 4 September 2010) to:

Race Secretary, 4 Ash Lea, Castleton, Whitby, North Yorkshire, YO21 2EW (Tel: 01287 660767)

Name: _____

Address: _____

Tel No: _____ E:mail address: _____

Age on day of race: _____ Club: _____

UKA Reg No: _____ Entry fee: _____

Signature _____

I declare that I am an amateur as laid down by UKAthletics laws. I am medically fit to take part in this race. I understand that I participate at my own risk. The organisers shall not be liable for any loss, damage, actions, claims, costs, expenses which I may suffer due to my participation.

WATCH OUR WEBSITES – www.nym.ac & www.castletonshowrun.btik.com/home.ikml