



ASKERN DISTRICT RUNNING CLUB
and
ringways.co.uk



MOTOR GROUP

Course Measurement Certificate No. **08/042**

proudly present

Licence No. **2011-102445**

'THE ASKERN 10'

Askern, Nr. Doncaster

Incorporating

**The South Yorkshire Open 10 Mile Championship
The Yorkshire 10 Mile Championship**

Sunday 14th August 2011 at 10.30am

(Under UKA Rules)

EXTENSIVE PRIZE LIST + T-SHIRT to all ASKERN 10 finishers

ENTRY FEES: ASKERN 10M: £7.00 Affiliated UKA Clubs
£9.00 Unattached Runners (Includes £2 UKA levy)
(Entries on the day surcharged by £1.00, i.e. £8.00 and £10.00 and will **NOT** qualify for prizes)

Entries, including cheque/PO payable to ASKERN DISTRICT RUNNING CLUB, 9"x5" SAE for your race number and confirmation sheet, to: **The ASKERN 10, 3 Amberley Rise, Skellow, Doncaster, DN6 8NS.**

Closing date for entries: **7th August 2011.** (Individuals will not be allowed to take more than one prize, except for team prize)
Entrants for the 10 Mile race must be at least 17 years old or over on the race day.

Supported by:

Askern Miners Welfare Club

Refreshments on sale during and after the race.

Presentations in the Club after the race.

First Aid cover provided by the St. John Ambulance Brigade



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Please complete this section in BLOCK CAPITALS.

SURNAME: _____ FORENAMES: _____
 ADDRESS: _____ TELEPHONE NO.: _____
 _____ : _____
 _____ UKA Club _____
 POSTCODE: _____ UKA Membership No: _____

Age on race day: _____ Date of Birth: _____ Sex (M/F): _____ Entry fee sent: £ _____

I certify that I am medically fit enough to run the said event, furthermore I agree that the ORGANISERS will in no way be held responsible for any LOSS, DAMAGE or INJURIES to myself or my belongings - BEFORE, DURING or AFTER the said event.

SIGNED: _____ DATE: _____