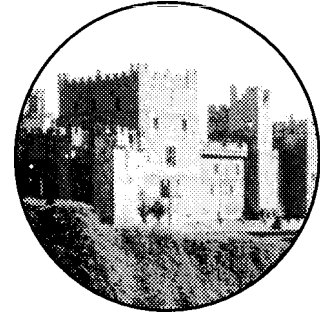


TEESDALE ATHLETIC CLUB

Raby Castle 10k



PLEASE NOTE: Due to the fantastic location which is a park complete with herds of deer, the entrance and exit of traffic needs to be strictly controlled. Final arrangements will be detailed in the race instructions but note parking may be 15 minutes walk from start.

Staindrop, Darlington, Co. Durham
(Scenic 2 lap traffic free course)

plus 5km Fun Run

By kind permission of Lord Barnard.

UKA Licence No. 2010-100546

Sunday 30th May, 2010

5km Fun Run 10.30 a.m., 10km Run 11.15 a.m. Mementoes to all finishers.

Prizes for leading finishers. Baggage area provided near to start.

£100 bonus for male and female course record.

Male: 31:14 - Martin Scaife, 2008.

Female: 35:54 - Sarah Tunstall, 2009.

Sponsored by the
Décor & Carpet Centre

ENTRY FORM

Please complete in block capitals

Surname Male/Female.....

First Name Date of Birth Age on day of race.....

Address Athletic Club.....

..... Telephone No

..... E-mail

Post Code *Note: Provision of email address authorises Teesdale AC to email holder for purposes of Teesdale AC Race information only*

10km Race (Min. age 15 years): Entry Fee £9 attached - UKA Number..... £11 unattached

5km Fun Run: Entry Fee £5

Total Enclosed

Closing date for postal entries Friday 14th May

Entries for Fun Run accepted ONLY up to 09:45am on race day

Entries for 10k accepted ONLY up to 10:30am on race day. Entries on day additional £2 per entrant

Cheques/P.O.s made payable to Teesdale Athletic Club plus a S.A.E. 5" x 7" for race number and details to:

TEESDALE ATHLETIC CLUB

White Cottage, High Startforth, Barnard Castle, County Durham. DL12 9AQ

DECLARATION: I declare that my participation in this event is entirely my own risk and that 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 or caused by me. Neither are they responsible for any of my personal property lost, stolen or damaged. The organisers reserve the right to refuse entry.

Signature.....

Date.....

(Parent or Guardian if under 17)