



Please enter me for the following events:

Saturday 15th July

- | | | | |
|--------------------------|---------------------|--------------------|--------------------------|
| <input type="checkbox"/> | 10K | £10 UKA Affiliated | <input type="checkbox"/> |
| | | £12 Unaffiliated | <input type="checkbox"/> |
| <input type="checkbox"/> | Half Marathon | £15 UKA Affiliated | <input type="checkbox"/> |
| | | £17 Unaffiliated | <input type="checkbox"/> |

Sunday 16th July

- | | | | |
|--------------------------|-------------------|-------------------|--------------------------|
| <input type="checkbox"/> | Trail Race | £7 UKA Affiliated | <input type="checkbox"/> |
| | | £9 Unaffiliated | <input type="checkbox"/> |
| <input type="checkbox"/> | Score Event | £7 BFO Member | <input type="checkbox"/> |
| | | £9 Non member | <input type="checkbox"/> |

Please note the above prices are for pre-entry only. Entries made on the day are subject to a £2 surcharge.

Full Name DoB

Age on Day M/F Club

Address.....

Post Code Phone No.....

Email

Emergency Contact Name & Number

Medical Details

Please enter me for the above event. I accept the hazards inherent in running and acknowledge that I am entering and running this race at my own risk. I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them. I acknowledge and agree that I am responsible for determining whether I have the skills, equipment and fitness to participate in this event. I accept that the Race Organiser shall not be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race. The 10k, Half Marathon & Trail Race are held under UKA rules.

Signed Date.....

[from ukresults.net](http://ukresults.net)

Please send completed forms to M Ralphson, 23 White Lee Ave, Trawden, Colne, Lancs, BB8 8TD; cheques payable to Molly Ralphson