



Sunday 13th May 2018
 Junior Races Start 1pm
 Senior 2pm approx

'The School Field' at Long
 Marton School, Appleby,
 Cumbria, CA16 6BT.
 017683 61397

Surname:		Postal Address:	
First name:			
Date of Birth:	Age on Day:		
School:		Club (if applicable):	
Gender: Male Female	Category:	Postcode:	
Telephone:		Email Address:	
<p>Senior Race - Mixed Road/Ghyll – 10km Adult & 15yrs+ (Under 18's to be accompanied by an adult) Vet 40 Vet 50 Vet 60.</p> <p>Junior Races (age on day) – Trail - 5 & under – 6&7yrs - 8&9yrs (1.6km) 10&11yrs – 12&13yrs – 14yrs+ (3km)</p> <p>Please circle to indicate age category.</p>			
<p>Declaration A signed entry form will be considered as an acceptance of rules/regulations and a declaration that you compete entirely at your own risk (Juniors to be signed by parent / accompanying adult).</p>			

Signed:	Date:	ukresults.net
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Pre-entry using this form - cheques made payable to FOLMS to the above address
 or entry on the day - registration from 11.45 (closes 15min before races start).
 Entry Fee: 10km £8.00, Juniors 1.6km & 3km £2 (£3 on the day).

1st, 2nd & 3rd place prizes for each age category Junior & Senior Male & Female.
 1st Place prizes for Vet 40, 50 & 60 Male & Female.

PRIMARY SCHOOL TEAM SHIELD AND RUNNING CLUB TEAM SHIELD WILL BE AWARDED.
 Enquiries: to John Davis on 017683 61397 (school) or john@longmarton.cumbria.sch.uk