



**BINGLEY SHOW**

**10K RACE**

**Saturday 20<sup>th</sup> July 2019 11.30 am**

**HELD UNDER FRA RULES: Open to runners over the age of 16**

A scenic trail race of approx 10km on public footpaths around Bingley and St Ives Estate.

Pre - Entry Fee: £12 (closing date 17 July 2018) Includes entrance fee to the Show ground

Enter an pay on line at: [SiEntries.com](http://SiEntries.com)

Or enter via this form to: Entry Secretary, 13 Priestthorpe Lane, Bingley, BD16 4EE

Cheque for £12 made payable to: Bingley Harriers & AC

**Please ensure that your email address is included in the form below as your show entry voucher will be emailed**

(Entry on the day will be accepted: £7 race fee, plus the entrance fee to the Show Ground of: £10 adults)

Full Name \_\_\_\_\_ Club \_\_\_\_\_

Address: \_\_\_\_\_

Post code: \_\_\_\_\_ Phone No : \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on race day \_\_\_\_\_

Email \_\_\_\_\_

Category: Please circle as appropriate: (Prizes to first 3 men / first 3 women + age category -only 1 prize per person

WU23 WV40 WV50 WV60 WV70 MU23 MV40 MV50 MV60 MV70

Emergency Contact \_\_\_\_\_ Phone No: \_\_\_\_\_

Please enter me for the above event. I accept the hazards inherent in fell running and acknowledge that I am entering 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 confirm that i have read and will comply with, the "Fell Running - Requirements for Runners". 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 neither the Race Organiser nor the Fell Runners Association shall 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 (other than in respect of death or personal injury as a result of their negligence). I accept that the Race Organiser may use photographic or video equipment for the purpose of monitoring and promoting this race. In the unlikely event of abandonment or cancellation, all or part of my entry fee may be retained for the management and administration of the event. No refunds or transfers allowed under any circumstances.

Signed \_\_\_\_\_ Dated \_\_\_\_\_

Competitor or, if under 18, Parent/Legal Guardian or refer to Parental Consent Form