



BINGLEY

SHOW

10K RACE

Saturday 23rd July 2016 11.45 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 : £8 (£3 race fee and £5 show entrance) (closing date 16 July 2016)

Entry on the day will be accepted : £3 race fee, plus the Show entrance fee of : £10 adults

Entries to : Entry Secretary , 7 Carlton Drive , Shipley, BD18 3AU

Cheques made payable to: Bingley Harriers & AC (or enter/pay on line at : Bookitzone.com)

Full Name _____

Address: _____

Post code: _____ Phone No : _____

Date of Birth _____ Age today _____

Email _____

Club _____

Category : Please circle as appropriate: (Prizes to first 3 men / first 3 women and age category

LU23 LSEN LV40 LV50 LV60 LV70 MU23 MSEN MV40 MV50 MV60 MV70

Emergency Contact _____

Phone No : _____

I understand that this race is held in accordance, and that I have familiarised myself , with both the Rules and Safety Regulations of the FRA. I confirm that I am aware of the Organiser`s information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified by the FRA Safety requirements or by the Organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the Organiser`s liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this race.

Signed _____ Dated _____

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