

St Aidan's presents



THE STRAY 5K and 2K FUN RUN



The 2K fun run incorporates the Inter Schools Cup (for young people up to year 6)

Saturday 19th June 2010

2K at 10.30am, 5K at 11.00am

Starting and finishing in the grounds of St Aidan's C of E School, Oatlands Drive, Harrogate. The Stray 5K is a flat, accurately measured course crossing Harrogate's famous stray. The 2K Fun Run is a measured flat race for young people and all the family.

Extensive prize list including team prizes and vet categories
T-shirt for all 5K finishers **Medal for all 2K finishers**

In association with



shoes, clothing and advice for running and the gym

ENTRY FEES

5K	£4 club runners	2K £2.50
	£6 all other runners	
	Entries on the day £1 extra	

PLEASE DETACH THE ENTRY FORM BELOW AND SEND WITH YOUR PAYMENT AND SAE (MINIMUM 9"x4") TO
 or HAND IN AT: Race Secretary, c/o Up & Running, 16 Station Parade, Harrogate. HG1 1UE.
 St Aidan's students can return entry forms to the School Office

Cheques/postal orders to be made payable to: St Aidan's School P.T.A.

You will receive your race number and final race instructions prior to the event but any queries should be made to:
 Race Secretary, Allison Griffiths 01423 562345 or queries can be emailed to allison@upandrunning.co.uk

CLOSING DATE FOR POSTAL ENTRIES: MONDAY 14th JUNE

Race entered: 5K
 2K

Interschools Cup
 School:.....

If you are entering the 2K and would like your entry to count for the Inter schools Cup, please tick the box and include the name of your school

Be the first to receive details of offers and sales at Up & Running Harrogate by signing up for the Up & Running e-newsletter. We never pass your details on to third parties. complete your email address to sign up

email.....

Full name:.....M/F Address:

..... Postcode

Date of Birth Age on race day tel no: day..... eve:

Running club: UKA registration no (if app)

I enclose entry fee of: (see above)..... and optional donation of for St Aidan's School PTA. I am a UK Taxpayer and would like you to treat my optional donation under the terms and conditions of gift aid. (Please delete this statement if you are not a UK taxpayer).

I wish to enter the above race, and hereby declare that I am an amateur as defined by the U.K.A. laws, and I certify that I agree that the organisers cannot be held responsible for any loss of property or injury or illness incurred to my person during or as a result of my participating in the race referred to on this entry form. I understand my entry details may be stored in the entry computer.

The minimum age for the 5K is 13, 2K runners under 8 should be accompanied by an adult. St Aidan's pupils - form/year.....

Signed Date.....