

1ST

LORDSTONES/WAINSTONES RACE (AM)

11.AM. SUNDAY 21st MAY 2006

**8 MILES; 2100' of Climb
on undulating moorland, with
major climbs, including Cringle Moor, Cold Moor, The Wainstones,
Broughton Plantation and Busby Moor**
Start & Registration at Carlton Bank Top :- Lordstones' Café Site (GR 522031).
Prizes to many different categories Male & Female plus Team Prizes.
This is an English Championship Race.
Numbers are limited so Pre-entry essential (First come first served.)

FEES:-

**£7.00 Club & FRA. Members
£9:00 Individuals unattached**

**Cheques Payable to Dave Parry
Send to Dave Parry
Ravensgill Bungalow
Commondale
Whitby
YO21 2HG
Tel:- 01287660309**

Entry Fees are non returnable
Closing Date for Entries:- as soon as the limit is reached!
Encashment of cheque gives confirmation of entry

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Entry form;
Full Name.....(Male/Female)
Address.....
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.....
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.....
.....
Postcode.....
Club (if applicable).....
Age on 21/05/06.....Member of FRA? Yes/ No (Please delete appropriately)

Declaration to be completed by all entrants.

I wish to enter the 2006 Lordstones/Wainstones Race and hereby declare that I am an amateur as defined by UK Athletics Rules. I certify that the organisers cannot be held responsible for any injury or illness incurred to my person during or as a result of my participation in the race referred to on this entry form. I understand that my entry detail may be stored on computer. I must carry the appropriate kit which may be:- Full body cover, compass, whistle, map & emergency food.

Signed.....Date.....