



The Oak @ Tickhill

Proud sponsors of the

Not The Tickhill Gala Run @ 11.00 hrs, Sunday 14th March 2010

First Event in KMRT Series for 2010. Approximately 5 miles across a multi terrain course starting at Tithes Lane Recreation Ground and finishing in The Oak Beer Garden.

Prizes including a spot prize. Toilet and changing facilities very limited. Car parking is limited to on street parking only/ please be mindful of local residents. Entry limited to 200 runners.

ENTRY FEES: £3 EA Competing Member's / Unattached £5

Must be aged 15 years or over on the day of the run (EA rules).

Entries on day if entry limited not reached. Registration available from 10.00 am @ The Oak.

Closing date for entries: Friday 11th March 2010. Entries received on/ around this date will be available for collection on day of run.

Please send completed entry form with cheque (made payable to Tickhill Running And Athletic Club) and a A4 stamped self addressed envelope to: Peter Wass, 15 Wheatfield Drive, Tickhill, DN11 9US. Entries with cheque / stamped self addressed envelope can also be handed in at Taylors, Market Place, Tickhill.

Surname: _____ Forename: _____
Address: _____
Telephone: _____ Club Name & Nr: _____
Age day of run: _____ Date of Birth: _____
Sex (M/F): _____ Entry Fee Sent: _____

I hereby certify that I am an amateur according to EA rules. I am medically fit to run the event and understand that I enter at my own risk and that the organisers will be in no way held responsible for any injury incurred by me as a result of the run or for any loss of property either before, during or after the event. I also agree to exercise caution when crossing / running on adjacent roads and footpaths. I also agree to abide by the countryside code and not to stray from the designated footpaths or to damage crops etc.

Signed: _____ Date: _____

Guardian: _____ Date: _____

(If under 16 years)

Permit Nr: Applied For

