



Supported by Tickhill Scout Guide Association  
& Phoenix Explorer Scout Unit:



Proud sponsors of the

# Tickhill Gala Run

@ 15.00 hrs, Saturday 4th July 2009

**NEW EXTENDED ROUTE** of approximately 5 miles across a multi terrain course starting and finishing at the Tickhill Gala, Tithes Lane Recreation Ground.

Prizes including a spot prize. Toilet and changing facilities very limited. Car parking is limited to on street parking only/ beware of bus route – Alderson Drive/ Common Lane. Entry limited to 100 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.

Closing date for entries: Friday 26<sup>th</sup> June 2009.

Please send completed entry form with cheque (made payable to Tickhill Running And Athletic Club) and a A4 stamped self addressed envelope to: Ryan Cudworth, 35 Walnut Avenue, Tickhill, DN11 9EJ. Entries with cheque / stamped self addressed envelope can also be handed in at Taylors, Market Place, Tickhill.

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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

