

# Helmsley 10k Multi Terrain Challenge

## Sunday 8<sup>th</sup> April 2012 10am

Licence No: 2012-103306

**The Helmsley 10k challenge** is a multi terrain race partly on road, partly on forestry track and footpaths and fields. The total distance is 10.3km with the 10km point clearly marked. Minimum age: 15 on 8<sup>th</sup> April 2012. The nature of this course makes it unsuitable for wheelchair athletes. Dogs are not allowed on the playing field or on the course. Assembly at the Sports Ground, Baxton's Lane, Helmsley, YO62 5HT.

**New for 2012: Children's Race.** This year there will be a children's race on the sports field for children aged 5 – 11. There will be 3 races, one each for school year groups 1 – 2, 3 – 4 and 5 - 6. Entry will be on the day only and will cost £3. For further details email Vicky Tomlinson (see below).

**Prizes:** Voucher prizes for the usual categories. Please see [www.helmsleysports.org](http://www.helmsleysports.org) for full details.

**Entry:** May be made **by post** or **online** at the sites below:

- [www.helmsleysports.org/page15.htm](http://www.helmsleysports.org/page15.htm) or at: [www.ukforms.net/onlineentries.html](http://www.ukforms.net/onlineentries.html)
- Postal entries close Saturday 31<sup>st</sup> March 2012, Online entries close Thursday 5<sup>th</sup> April 2012.
- Payments will not be acknowledged unless an email address is supplied.
- Cheques payable to 'Helmsley Sports.Org' – Fee: £10 registered, £12 unregistered.
- Entries on day, £3 extra.
- **Please enclose sae C5 (9" x 6") for race number to be sent in advance.**

**Postal entries to:** Vicky Tomlinson, 5 Birklands, Beadlam, Nawton, North Yorkshire, YO62 7ST.  
Tel: 01439 772468 Email: [vicky.tomlinson29@btinternet.com](mailto:vicky.tomlinson29@btinternet.com) **C5 (9" x 6") sae must be included.**

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| <b>Helmsley 10k Challenge Entry Form</b>  |                          |                   |
|---|--------------------------|-------------------|
| First Name  | Surname                  |                   |
| Address   |                          |                   |
| Postcode  | Telephone (inc STD code) | Email:            |
| Male/Female (delete as appropriate)   | Date of Birth            | Age on 08/04/2012 |
| Club  | E A No:                  |                   |
| I declare that I am an amateur as laid down UK Athletic Laws. I am medically fit to take part in the race. I understand that the organisers willing no way be responsible for any injury, illness or loss due to my participation. Data Protection Act: I understand and agree that the above details will be stored on a computer for race administration purposes and will <u>not</u> be supplied to a commercial organisation. <span style="float: right;">V3</span> |                          |                   |
| Signed:<br><i>(By parent or guardian if under 18)</i>   |                          |                   |