

NIDD VALLEY ROAD RUNNERS
presents The
UP & RUNNING
GUY FAWKES 10
25th ANNIVERSARY EVENT

www.upandrunning.co.uk

Sunday 2 November 2008 10:30am at Ripley, Harrogate
Stunning finish in the Castle courtyard.

10 miles accurately measured

hilly course with first and last miles on forest trail bridle ways

Prizes for fastest local Males & Females

(residing in HG1 - 5 postal codes)

Under UKA Rules -

£100 prize for each course record currently standing at:

Men: Tomas Abyu 52-23 (2004)

Women: Tracey Morris 59-48 (2003)

Prizes for first five Male and first five Female finishers

Male and Female veterans category prizes

First three Male & Female Teams

Programme and computerised results

Enter online at www.runnersworld.co.uk



Please Note: THE COURSE IS NOT SUITABLE FOR
WHEELCHAIR RACERS AND DOGS NOT PERMITTED



CODA
Count on it!

NIDD VALE
— GROUP —

British
Association
of Road
Races
Member No. 528

Please enter me for the Up & Running Guy Fawkes 10

SURNAME FIRST NAME

ADDRESS

.....

.....POST CODE

DATE OF BIRTH TEL

UKA CLUB (if any) If you would like us to email

Estimated Finishing Time you a priority entry
for Guy Fawkes 2009

N.O.E.A.A. Membership Number email address.....

I would like to receive the Up & Running e newsletter

PLEASE TICK APPROPRIATE BOX

MALE	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FEMALE
17-34			17-34
35-39			35-39
40-44			40-44
45-49			45-49
50-59			50-59
60-69			60-69
70+			70+

UKA Club runners £10.00
 Unattached £12.00
 Entries on day plus £1.00

**IT'S CHEAPER TO ENTER
 ONLINE**
www.runnersworld.co.uk
UKA Club Runners £9.50
Unattached £11.50

Tee shirt size S M L XL

Race Limit 1000 - no entries on day if race limit is reached

Prize not guaranteed for race day entries.

(Cheques payable to Nidd Valley Road Runners)

Enclose 9" x 6" sae. No acknowledgement will be sent.

Numbers will be posted by 24 October.

1) I am an amateur according to UKA rules and will be at least 17 years of age on race day.

2) I will observe the rules of the race and do everything possible to ensure the safety of myself and others.

3) I am medically fit to run and understand that the organisers will not be responsible for any injury or illness incurred by me as a result of the race.

4) I understand that the organisers are not responsible for any property lost.

5) I undertake to retire from the race if requested to do so by a race official.

Signed Date

Send completed form (with SAE) to:

Mark David, Race Secretary, Flat 6 Graydown Court, 2A Leadhall Drive, Harrogate. HG2 9NL

Tel: 0161 4080275 evenings only email: nvrr.guy.fawkes@googlemail.com