



**Sunday - November 20th 2011**

Lightwater Valley Theme Park,  
North Stainley, Ripon HG4 3HT

**THE LIGHTWATER VALLEY CHALLENGE**

**10k MULTI TERRAIN RACE / 3k FAMILY FUN RUN**

North Stainley Stags support Run Britain - website: [www.realbuzzrunbritain.com](http://www.realbuzzrunbritain.com)



Held under UKA Athletics Rules  
- licence number 2011102320

**In support of Help for Heroes and  
North Stainley C of E Primary School**



**Start times:- 3K Fun Run 10.00am Lightwater 10K - 11.00am Under 9's Field Run - 11.15am**  
The 10K race is a multi-terrain race that takes you through Lightwater Valley Theme Park and into the surrounding countryside. It follows gravel tracks with one mile of road running. Overall the race is undulating. The 3K fun run takes place within the grounds of Lightwater Valley Theme Park.

**MEDALS & TROPHIES**

Medals for all finishers. Trophies to 1st senior male under 40, 1st vet male 40 to 59, and 1st senior vet male over 60.  
Trophies for 1st senior female under 35, 1st vet female 35 to 45,  
1st mature vet female 46 to 59 and 1st senior vet female over 60  
Trophies for the first team

**Maximum of 1 trophy per runner.**

FIRST AID : ACCURATE MILE MARKERS : DRINKS STATION : REFRESHMENTS & TOILETS : PARKING  
(not suitable for wheel chair athletes : no changing facilities)

Please circle to indicate which race you would like to enter - **one entry form per person please.**  
I wish to enter the **Lightwater Valley 10K Challenge** (15yrs and over) /**Family Run** (9yrs and over) /**Under 9's Field Run** (older people welcome to join them). I declare that I am an amateur as defined by UKA Rules and certify that I am medically fit to run. Furthermore, I agree that the organisers will in no way be held responsible for any injuries or illness incurred to my person during or as a result of the event.

Forename: ..... Surname: .....

Address: .....

Postcode: ..... Phone Number: ..... E-mail: .....

Club: ..... Membership no:(if applicable): ..... Age on race day: .....

Team Name: ..... Date of birth: ..... Male: ..... Female: .....

I enclose a cheque payable to the **North Stainley Stags** for the sum of £ .....

|  |                                 |                           |
|--|---------------------------------|---------------------------|
| U.K.A. adult member £8.00 10K  | Non affiliated adult £10.00 10K | Under 9's Field Run £2.00 |
| Fun Run entry adult £4.00 3K   | Fun Run entry child £3.00 3K    |                           |
| Help the Heroes T-Shirt. £8.00 ( <b>Printed:-'I've Helped a Hero'</b> ) Please state size required. Adult XXL,XL,L,M,S<br><b>ALL T-SHIRTS MUST BE PRE-ORDERED.</b> |                                 |                           |

Please return forms with a **STAMPED AND SELF ADDRESSED ENVELOPE** to:-  
Race Secretary, The North Stainley Stags, 10 Watermill Close, North Stainley, Ripon, North Yorkshire, HG4 3LD  
Application Form also available to download from: [www.riponrunners.org.uk](http://www.riponrunners.org.uk)

**LIMITED entries on the day - these WILL NOT BE TIMED and WILL NOT count for trophies.** Closing date for entries :- 7th November.

Signed: ..... Date: .....

(parent or guardians signature required for juniors in the fun run)

All entrants for the 10K race must be 15 and over. All entrants for the 3K fun run must be 9 and over.  
Race number and race information will be sent prior to the race.

# sponsors:-



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