

Presents the

Staveley Stampede



● **10 Mile Race** ● **Sunday 21st June 2009** ● **11am Start** ●

The Run

A very scenic 10 mile run that starts and finishes in Staveley village. This mainly flat route only has a couple of undulations and will take you on a tour of the beautiful rural roads and trails around the village of Staveley. The course will be well-marshalled and is suitable for all levels of runner, we particularly welcome runners attempting their first 10 mile run. Due to the off road sections the course is unsuitable for wheelchair athletes and pushchairs. Minimum age 17 years on day of race.

The race limit is 300 - No entries are available on the day - Please enter early

- Starts in Staveley village (nr. Knaresborough)
- Free kids dash at 11:05am
- Free car parking close to start/finish area
- Run under UKA rules (permit applied for)
- Prizes for leading runners in various categories
- Spot prizes throughout the field
- All finishes will receive a memento

Please tear off and keep this side for your information

● **Your Details** - Please Print Clearly

First name

Male/Female

Surname

DOB

Address

Age on race day

.....

Contact tel

.....

Did you enter Staveley last year? Y/N

Postcode

No. of entrants for kids race

Email

No. of supporters joining you

Running Club (if any)

● **Disclaimer** - please read and sign

I accept that the organisers of the Staveley Stampede Race and Children's Dash cannot be held responsible for any injury, loss or damage incurred before, during or after the race. I am physically fit and enter at my own risk. I am an amateur as defined by UKA.

● **Payment** - please make cheques payable to Must Tri Harder

Send your entry to....

Alexia Rushton-Earl
Ingerthorpe Grange Cottage
Markington
Harrogate
HG3 3PD

Please enclose a SAE
All race numbers are posted

Entry Fees

- Attached - £9
Unattached - £11
Arkendale 2009 entrants receive £1 off
Ark 09 Attached - £8
Ark 09 Unattached - £10
Please state Arkendale race num

Signed

Date

Ref:
web

- Closing date for postal entries is 5th June 2009 or as soon as limit is reached -

● For more information visit our website or contact alexia@MustTriHarder.net ●