

**YORK AND DISTRICT SUMMER LEAGUE 2010**

**Please treat this series like any other race entry and enter early. There is NO guarantee that numbers will be available on the night. Please enclose a sae for the return of your number. After 11<sup>th</sup> May, all enquiries and entries to Mike McGrath 01904 339070.**

***PLEASE NOTE : In order to compete, you MUST have paid your 2010 subs. If you have not yet done so, please enclose a cheque for £24, payable to York Knavesmire Harriers, with this entry form.***

Details of the races are ;

Date	Time	Venue	Headquarters
11.05.2010	7.30.p.m	Pocklington	The Rugby Club, Burnby Lane
25.05.2010	7.30.p.m	Easingwold	The Galtres Centre, Market Place
08.06.2010	7.30.p.m	Bishop Wilton	The Sports Centre
22.06.2010	7.30.p.m	York	The Knavesmire
06.07.2010	7.30.p.m	Selby	Wistow Sports Centre, Wistow, near Selby
20.07.2010	<b>7.00 p.m.</b>	Stillington	The Cricket club

Please complete the entry form below and send with your **cheque for £7** made payable to “York Knavesmire Harriers” and a stamped addressed envelope to: **Summer League Entries, 9 Summerfield Road, York YO24 2RU**

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**York and District Road Race League 2010**

**I apply to participate in the above league. I accept that the organisers of the races and the league committee will not be held responsible for any injury, loss or damage incurred before, during or after the races. I am an amateur as defined by UK Athletics. I declare that I am physically fit and enter at my own risk. I undertake to abide by the league rules.**

Name..... Sex Male/Female      date of birth .....

Address .....

Age on 11th May 2010.....      Signature .....

Contact phone number .....

Email address.....