**YORK AND DISTRICT ROAD RACE LEAGUE 2014**

**Please send all entries by post to arrive by April 24th. All enquires after this date to 07766747834 (Andy N), 07720710411 (Chris Roberts), 07879292026 (Nik Vogan)**

**Some races I will not be available. Please contact myself to make number arrangements**

**N.B NO iPods/music devices to be worn**

***PLEASE NOTE: In order to compete, you MUST have paid your subs for 2014 which can be added to the entry fee. Second Claim can enter and are eligible to win individual prizes bit do not count towards team prizes.***

Details of the races are:

**RACE 1** 29th April Pocklington 10k **7.00pm** The Rugby Club, Burnby

**RACE 2** 13th May Tadcaster 10k 7.30pm Tadcaster Grammar School

**RACE 3** 27th May Easingwold 10k 7.30pm The Galtres Centre, Market Place

**Race 4** 10th June York Knavesmire 10k 7.30pm The Knavesmire

**Race 5** 24TH June Bishop Wilton 10k 7.30pm Sports Centre

**Race 6** 8th July Wistow 10k 7.30pm Wistow Sports Centre, Nr Selby

**Race 7** 22rd July Reverse Handicap & Presentation Evening **7.00pm** Stillington.

Please complete the entry form below and send with your **Cheque for £8** made payable to “**York Knavesmire Harriers”** and a STAMPED ADDRESS ENVELOPE for return of your race number to:

**YDRRL entries 69 Jamieson Terrace, South Bank, York. YO23 1HF**

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**York and District Road race league 2014**

**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 defended by UK Athletics. I declare that physically fit and enter at my own risk. I undertake to abide by the rules.**

**Name…………………………………………………… Sex Male/Female……… Date of Birth…………………**

**Address…………………………………………………………………………………………………………………………….**

**Age on 30th April 2014…………………………… Signature………………………………………………**

**Contact phone number……………………………………………………….**

**Email address………………………………………………………………………………………………………………………………….**