



**The Winnie Mabaso Foundation Shine A Light Night Run**  
**Entry Form**  
**Saturday 14th Oct. 18.30 Start**

**Venue** Hargate Hill Riding Centre  
**Registration** Numbers to be collected on the day at Venue. Registration opens at 17.00 and closes at 18.00  
**Facilities** Refreshments (Cafe) Toilets, changing facilities and off road parking.  
**Prizes** M & F 1,2 &3 Vet Categories. 1st Team prizes and junior prizes.  
**Entry Details** £8, plus £2 extra on the day entry. Junior race £4, plus £2 extra on day. Price includes free glow in the dark wristband.

**Race details. A 5k (approx) trail run, in the dark and a 2K (approx) Junior trail in the dark. Head torch or hand held torch required**

<b>Name</b>	<b>Club</b>
<b>Address</b>	<b>Team name</b>
<b>Town</b>	<b>Senior £8 + (£2) Junior £4 + (£2)</b>
<b>County</b>	<b>Post Code</b>
<b>Email</b>	<b>Gender</b>
<b>Emergency Contact</b>	<b>Age</b>
<b>Emergency Number</b>	<b>D.O.B</b>

please tick which category in to which you fall

<input type="checkbox"/> Jm 15-19	<input type="checkbox"/> M 20-39	<input type="checkbox"/> M40	<input type="checkbox"/> M45	<input type="checkbox"/> M50	<input type="checkbox"/> M55	<input type="checkbox"/> M60	<input type="checkbox"/> M65	<input type="checkbox"/> M70
<input type="checkbox"/> Jf 15-19	<input type="checkbox"/> F 20-34	<input type="checkbox"/> F35	<input type="checkbox"/> F40	<input type="checkbox"/> F45	<input type="checkbox"/> F50	<input type="checkbox"/> F55	<input type="checkbox"/> F60	<input type="checkbox"/> F65

I declare that I am medically fit to run and understand that the organiser of this race will not be held responsible for personal damage, loss or injury incurred before, during or after the race. I am an amateur as defined by the UK Athletics rules. Parent/Guardian to sign if under 18

<b>Sign:</b>	<b>Date:</b>	<b>Fee:</b>	<b>Race Number</b>
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Return completed forms and payment (cheques payable to Winnie Mabaso Foundation) to :

Helen Thornhill  
 26 Tredcroft Street  
 Glossop  
 SK13 8EE

Closing date for pre-entry 10th October