



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

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

please tick wich category in to which you fall

<input type="checkbox"/> M 15-19	<input type="checkbox"/> M 20-35	<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"/> Jm 15-19	<input type="checkbox"/> F20-35	<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. Durring or after the race. I am an amateur as defined by the UK Athletics rules. Parent/Guardian to sign if under 18

Sign:	Date:	Fee:	Race Number
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Return completed forms and payment (cheques payable to Winnie Mabaso Foundation) t Helen Thornhill
 26 Tredcroft Street
 Glossop
 SK13 8EE

Closing date for pre-entry 10th October

