

Welbourn Castle Races

Sunday 23rd August

10k Run, 10k Walk, 2m Fun Run



Organised by **Sleaford Town Runners**

www.SleafordTownRunners.com



Flat Trail Course - Under ARC Rules - Permit No ARC 09/150
Supported by Lincolnshire Runner & Joiners Arms

Parking at Welbourn Village Hall LN5 0NF

Finish at Joiners Arms

10k Run £6 Affiliated / £8 Non-affiliated (Extra £1 on the day)

Start Time 11:00 Min Age 15 Winners Trophies and Class Certificates.

10k Walk £6 (Extra £1 on the day)

Start Time 10:30 Under 15's must be accompanied.

2m Fun Run £2 (In advance or on the day)

Start Time 11:10 Open to all ages under supervision.

**Certificate & Pub
Drinks Voucher
For All 10k Finishers**

Please make cheques payable to "**Sleaford Town Runners**" and return to:
"Welbourn Races" C/O 16 Meadowbrook, Ancaster, Lincs NG32 3RR

If an E-Mail address is given we will E-Mail race day details 2 weeks before the event.
If no E-Mail address is given we will send out details by post.

Race Numbers to be collected on the day — Any queries to: ancaster@ntlworld.com

I confirm that I am an amateur and agree to abide by the ARC rules where appropriate and certify that I am over 15 yrs of age (10K Run) and medically fit to run or walk in this event. Furthermore I agree that the organisers will in no way be held responsible for any injury, loss or illness incurred to my person during or as a result of this event. **PLEASE ENTER EARLY THIS RACE WILL FILL UP**

Surname :		Forename :	
Address :			
Please Tick	Male _____	Female _____	Postcode :
Please Tick	10K RUN _____	10K WALK _____	2 MILE FUN RUN _____
Please Tick (10K Run Only)	Affiliated (UKA or ARC) _____	Un-Affiliated _____	
Email:			
Date Of Birth :		Age On Race Day :	
Affiliated Club :		Entry fee enclosed : £	
Signed : (If under 18 parent or guardian must sign) _____			Date : _____