

# 35<sup>th</sup> Annual Melmerby (Ripon) 10K Road Race Sunday 26<sup>th</sup> MAY 2019



**UKA Licence Number 2019-37720**  
**Certificate of Course Accuracy 14/072**



**10 K Run starts 11:30am · Family Run (3.5 K) starts 10:30am**


Minimum age for 10K: 15 years · Minimum age for Family Run: 9 years

Closing date for Postal Entries 24<sup>h</sup> May 2019 - No day entries for 10K Race. Closing time for Family Run Entries 10am on day of race. The Organisers reserve the right to close the 10K entry if the number of entrants exceeds 500. Changing facilities and refreshments will be available in the Village Hall.

Race Numbers to be collected from the Village Hall 08.30 – 11.00.

Visit our website for online entry: [www.melmerbyrun.org](http://www.melmerbyrun.org)

Postal entries to: John Burgess, 1 Dale View, Melmerby, Ripon, North Yorkshire, HG4 5EY

PRIZES	ENTRY FEES
Trophies to 1st, 2nd and 3rd Male/Female outright. Trophies to Winners and Runners-up in all other Male/Female categories. Local Runner (Parishes of Melmerby, Middleton and Wath) Team prizes (10K) Memento of the day for all Runners.	10K Affiliated £15 · Unaffiliated £17 Family Run Adult £5, Child £4 Printed Results 10K £1 · Printed Results Family Run 50p  <i>Cheques and Postal orders payable to Wath &amp; Melmerby Cricket Club</i> 

Please tick below which race/category you wish to enter, and also if you require a results slip.

Race		Results slip	Any other information
Family Run	10K Run		

Surname  First Name  Sex M/F

Address

County  Postcode

AAA Affiliated Club  Individual Athletics Number

Email

Phone  Age on day of race  Date of Birth

All runners must abide by the Race Organisers wishes, which are in agreement with local Police instructions regarding safe road usage. If under 18 years parent or Guardian must sign below.



Signature ..... Date ..... I enclose £ .....

Email: [john@melmerbyrun.org](mailto:john@melmerbyrun.org) · Telephone: 07849 691830