

St Aidan's presents
THE STRAY 5K
and
YOUNG ATHLETES 2 MILER

Saturday 6th June 2009

2 miler at 10.30am, 5k at 11.00am

Starting and finishing in the grounds of
St Aidan's C of E School, Oatlands Drive, Harrogate.

The Stray 5K is a flat accurately measured course
crossing Harrogate's famous stray.

The Young Athletes 2 miler is an accurately
measured flat race for young athletes
and all the family.

www.staidans.co.uk

www.upandrunning.co.uk

Race entered 5K () 2 Miler ()

I would like to receive the Up & Running e-newsletter
with details of local events, promotions and special
offers **YES/NO** (please delete)

Surname

First name

email

Address

Postcode Date of Birth Age on race day M / F

contact tel no: day..... evening:

Running Club (if app) UKA Registration No (if app)

I enclose entry fee of (see over)..... and optional donation of

for St. Aidan's School P.T.A. I am a UK taxpayer and would like you to treat my
optional donation under the terms and conditions of gift aid (delete if inapplicable).

I wish to enter the above race, and hereby declare that I am an amateur as defined by the U.K.A. laws, and I certify
that I agree that the organisers cannot be held responsible for any loss of property or injury or illness incurred
to my person during or as a result of my participating in the race referred to on this entry form. I understand my entry
details may be stored in the entry computer.

The minimum age for the 5K is 13 2 mile runners under 8 should be accompanied by an adult.

Signed Date

Registered Charity No. 1034693