

Yorkshire 10k Run

Sunday 17 May 2009 at 10am
Plus 2k Fun Run (9.30am start)



Race & Entry Details

- A 10k mainly trail and off road race in aid of Cystic Fibrosis Trust around Newby Hall Estate, starts and finishes in front of Newby Hall in the Grounds.
- Ample parking and toilet facilities.
- Prizes in categories

	Male 16-44 and 45+ years.
	Female 16-39 and 40+ years.
- Fees:

10k Attached	£8 advance / £10 on the day.
10k Unattached	£10 advance / £12 on the day.
Fun Run	£4 – open to all ages and abilities – all very welcome.
- Finishers in both runs will receive a medal.

Three Ways to Enter:

- Enter online now at www.cftrust.org.uk/help/events/york10k or call our Events Team on 0845 859 1100.
- You can also enter online at www.activeeurope.com or www.runnersworld.co.uk
- Complete the entry form below and return with a cheque/postal order payable to 'Cystic Fibrosis Trust' to Yorkshire 10k Run, CF Trust, 11 London Road, Bromley BRI 1BY.

Closing date for postal entries Friday 8 May 2009

Please enter me for the Yorkshire Run 10k Fun Run (please tick)

I declare that I am an amateur as defined by UK Athletics rules. I am medically fit to run and understand the organisers will in no way be held responsible for any injury or illness to my person during, or as a result of the event, or for any property lost on the course (16 minimum age on race day for 10k Challenge).

Title: _____ First name: _____ Surname: _____

Male Female Date of Birth: _____ *Age on 17/05/09: _____

*Any person under the age of 16 who wishes to take part in this event must obtain consent in the form of a signature from their Parent/Guardian at the bottom of this form
Please note that anyone under the age of 16 must be accompanied by a Parent/Guardian.

Address: _____

_____ Town: _____ Postcode: _____

Daytime Tel: _____ Evening Tel: _____ Mobile No: _____

**Email: _____ CF link (if any): _____

**By giving us your email address, you are giving us consent to send emails to you with information about our work and other events.

Next of Kin: _____ Contact Tel: _____ Relationship: _____

Where did you hear of this event (please be specific)? _____

AA affiliated: Yes No Name of club (if applicable): _____

Total amount enclosed (£) (Cheques payable to 'Cystic Fibrosis Trust')

Signature: _____ Date: ____/____/____

To the Parent/Guardian: Please ensure you review the Privacy Notice and our Data Protection Policy at www.cftrust.org.uk

If you have CF you are strongly advised to discuss your participation of any event with your CF consultant.

Data Protection / Privacy Policy

The Cystic Fibrosis Trust does not sell or rent your personal details to any other organisations. The details you provide on this form may be used to contact you about our work. Please see www.cftrust.org.uk/privacy-policy for details of our Privacy Policy.