

Normanby Hall Womens 5k

Sunday 22 May,
9.30am.

Come and
walk, jog
or run in the
lovely
surroundings



A **FUN** morning out running on paths and roads in Normanby Park... Take some exercise in great surroundings and **get FIT this SUMMER**. Run with friends, enter as a group with colleagues, with neighbours for a charity of your choice or as an individual.

- Ample Car Parking
- Refreshments
- Souvenir to All finishers
- Race Day photographs

Entry Fee: All Entries Welcome. UKA Club members £10.00. All other entries £12.00

ENTER TODAY Send a completed entry form and a stamped addressed envelope to Metres to Miles, 15 – 17 High Street, Epworth, DN9 1EP. Cheques made payable to Metres to Miles

Surname: _____ First Name: _____

Address: _____

Town: _____ Shoe Size: _____

Post Code: _____ Tel: _____

D.o.b. - Age on Day: _____

Club (if applicable): _____ E-mail: _____

UKA Licence applied for. Event not suitable for wheelchairs, prams, pushchairs or dogs

DECLARATION: I declare that I am an amateur as stated in UKA rules and will abide by those rules. I will be 15 years of age or over on the day of the race. I hereby agree that the organisers or associates shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the Race.

Signed: _____ Date: _____