



Bendrigg 10K

Permit applied for under UKA rules

Saturday 16th June 2012 at 2.00pm

Bendrigg Lodge, Old Hutton, Near Kendal

**Good Prize List (1 competitor, 1 prize)
Commemorative Award for all runners**

+ FUN RUN (approx 2 miles) at 2.10pm

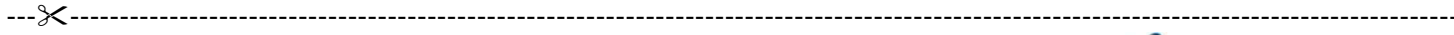
&

SUMMER FETE

from 1.30pm - 4.30pm

Many attractions including abseiling, zip-wire, ropes course,
archery, tube slide, bouncy castle, stalls, games, teas

A DAY OUT FOR ALL THE FAMILY!



ENTRY FORM



BENDRIGG 10K, Saturday 16th June 2012, Start 2.00pm

Name.....

Age on 16.06.12
(minimum age 16yrs)

Address.....
.....
.....

Club.....

Male / Female

Level 1 first aid available

Entries, with s.a.e. please, to:
Race Secretary
Bendrigg Trust
Old Hutton
Kendal, Cumbria. LA8 ONR

10K Entry Fees:
£7.00 affiliated, membership no. required.....
£9.00 unattached
Booking on-line available, see www.bendrigg.org.uk
Pre-entries preferred but you can enter on the day before 2pm
*Cheques payable to: Bendrigg Trust

I hereby declare that I am an amateur runner and eligible as defined under UKA rules. I am medically fit to run and understand that the organisers will in no way be held responsible for any injury or illness to myself during or as a result of the event, or for any property lost or damaged.

Signed

Date