



# Bendrigg 10K

Permit applied for under UKA rules

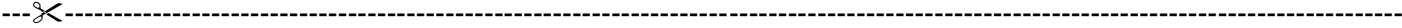
## Saturday 10<sup>th</sup> June 2017 at 2.00pm

**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**

### FUN FOR ALL THE FAMILY!



#### Entry Form

**Bendrigg 10K, Saturday 10<sup>th</sup> June 2017, Start 2.00pm**

(Please print clearly)



Name: .....

Age on 10.06.17 ..... (minimum age 16yrs)

Address: .....

Club.....

.....

..... Post Code: .....

Male / Female

Level 1 first aid available

Entries, with s.a.e. please, to:

Race Secretary  
Bendrigg Trust  
Old Hutton  
Kendal  
LA8 0NR

10K Entry Fees:

- [ ] £ 8.00 affiliated, membership no. required.....
- [ ] £10.00 unattached

Pre-entries preferred but you can enter on the day before 1.30pm

- on-line at [www.bendrigg.org.uk/10k](http://www.bendrigg.org.uk/10k)
- by cheque (payable to Bendrigg Trust) [ ] please
- by bank transfer, bank details are: [ ] tick

A/c No: 75964007 Sort Code: 01-04-66

Your Ref: 10K + your name

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 .....