



BLENGDALE RUNNERS ATHLETICS CLUB PRESENTS THE

2017 FUN RUN

WEDNESDAY JUNE 14th, 2017, START TIME 7.15 P.M.

OPEN TO ALL NO MATTER HOW FAST OR SLOW

SAFER OFF ROAD COURSE

NO AGE LIMIT BUT CHILDREN UNDER 8 MUST BE ACCOMPANIED BY AN ADULT.

MEDALS TO ALL FINISHERS;

PRIZES TO WINNERS IN EACH CATEGORY

SEND ENTRIES OR CALL ON :-

DOT or MEL GOULD

THE FERNS

THE BANKS

SEASCALE

CUMBRIA

CA20 1QH

TEL 019467 27486

ADVANCE ENTRIES ONLY £2 - ON THE NIGHT IT'S £2.50 - LAST ENTRIES 7.05 p.m.

ALL CHEQUES MADE PAYABLE TO "GOSFORTH 10".

ALL PROCEEDS FROM YOUR ENTRY GO TO SELECTED LOCAL CHARITIES

.....

DISCLAIMER.

I am medically fit to run and understand that the race organisers will in no way be held responsible for any loss, damage, action, claim, cost or expenses, which may arise in consequence of my participation in this event.

NAME.....

ADDRESS.....

AGE..... **MALE**..... **OR FEMALE**.....

UNDER 8 **UNDER 12**..... **UNDER 16**..... **ADULT**.....

Signed.....

Date.....