

Skipton AC proudly present, on Sunday 13th May 2012

The Tough 10 !!

Start time: 'Tough 10' mile road race at 10:30 am

Race HQ: Aireville School, Aireville Park, Gargrave Road, Skipton

Please use Aireville School Car Park

Course: Rural, scenic, rather Hilly

Under UK Athletics Rules Licence applied for. Measured to UKA standard. Open to age 17+ on race day

Running T- Shirt to all Tough 10 finishers

Prizes: 1st men, 1st lady, 1st in each vets category

Further information & results via <http://www.skiptonac.org.uk>

Cost: Tough 10 £14.00 (attached), £16.00 (unattached non-running club members) £2.00 extra on the day. Cheques payable to Skipton AC.

Entries with SAE at least 9" x 6" by 6th May to: Ann-Marie Bulcock, 35 Russell Street, Skipton, North Yorkshire, BD23 2DX. Tel. 01756 797367

Runners under 17 will require the signature of their parent or guardian to enter



Skipton Tough 10

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Club: _____ EA reg No. _____

Signature: _____

E-mail _____

Male Female

17-39 17-34

40+ 35+

45+ 40+

50+ 45+

55+ 50+

60+ 55+

Date of birth _____

I declare that I am an amateur according to UK athletics laws and I am medically fit to take part. I understand that I take part at my own risk and accept the organisers shall not be liable for any injury or illness to my person nor any damage or loss of my property