



Dalton Town Council
Present
**The 30th Annual Dalton Charter 10k
+ 1 mile Fun Run 2019**

Under UK Athletic Rules

Start and Finish Dalton Cricket Club, Ulverston Road Dalton in Furness LA15 8EY.



License Applied for.	Friday 3rd May 2019 – Start 10K 7.15pm, Fun Run 7.25pm	10 kilometers	Grid Ref SD233742
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Individual Prizes to 1st Men & Ladies + Bonus prize for course record (Men's & Ladies 1st runner to count)

Men's Record - K McClusky, 1993, 30.59/ Ladies Record, L.Adams 2016 35.04

Team Prize Men's and Ladies (Teams of 3)

Age Category Prizes - T shirts first 150 finishers

T-Shirts for first 50 U16 runners in Fun Run

10K Competitors must be 15 years of age or over on the day of the race

Pre Entry Fees: Affiliated Club Members £8.00 - Unattached Runners - £10.00 Fun Run £2.00

Entries on the day Affiliated £10.00 - Unattached Runners - £12.00 Fun Run £2.00

This event is not suitable for wheelchairs, prams, pushchairs, etc

****Competitors are advised not to wear headphones whilst taking part in this event****



I WISH TO ENTER (*PLEASE CIRCLE*)

10K

FUN RUN

FIRST NAME		SURNAME			
AGE ON DAY OF RACE	D.O.B	MALE		FEMALE	
ADDRESS (inc Post Code)					
				TELEPHONE No	
CLUB		EA REGISTRATION No			

Declaration: I declare that I am an amateur as defined by UKA Rules and agree to abide by UKA Rules. I declare I / my son / daughter ** is fit to run and will not hold the organizers responsible for any injury to me/ my son / daughter / ** or loss or damage to my / their ** property as a result of my / their** taking part in this race.

Data Protection Act: I agree to this information being stored on a computer for the purpose of this event.

** Delete where appropriate

SIGNED (by parent or guardian if under 18).....

DATE.....

PLEASE SEND A 9"x 6" STAMPED ADDRESSED ENVELOPE
To June Middleton, 18 Holbeck Park Ave, Barrow-in-Furness, Cumbria, LA13 0RG.
CHEQUES MADE PAYABLE TO 'BARROW & FURNESS STRIDERS AC'

Enter online at www.ukroadraces.info