

Proudly Present The

**Ferriby Ten Road Race**

Permit Number: Applied for

**Race Sponsors** (to be confirmed)

UKA Rules Apply



30 Butcher Row  
Beverley  
HU17 0AB  
Tel: 01482 861859

**Website**  
www.startfitness.co.uk

**NEVILLE  
TUCKER  
HEATING**

Rotterdam Road  
Sutton Fields Ind Est  
HULL, HU7 0XD  
Tel: 01482 834900

**DEREDE**  
UK LTD

Chartered Accountants

Unit 14A, Waterside  
Business Park,  
Livingstone Road,  
Hessle, HU13 0EG  
Tel: 01482 640030

**STOREY**

Felt Roofing Ltd.

2 Home Close,  
Anlaby Park, Hull,  
HU4 6TT  
Tel: 01482 506754

**SUNDAY 31st JANUARY 2010 11.00 a.m.**

- Scenic ten mile road race starting and finishing at Skidby Windmill
- Race H.Q. at Cottingham High School
- Runners must be at least 16 years of age on race day
- Category prizes and spot prizes awarded
- A prize of £50 will be awarded for breaking the course record

**Male - Darren Bilton 52:10****Female - Melanie Haywood 60:15**

- T-shirt to all finishers

- **Entry Limit - 550 runners**

(Entry also available via www. Runnerworld.co.uk)

Entries to: **Ferriby 10, c/o Phil Lambert, 117 Mill Rise, Skidby, East Yorkshire, HU16 5UA.**

Please enter early!

Telephone enquiries to: Chris Duffy (01482 845291)

**Entry Closing Date: Monday 25th January 2010.**Cheques payable to **City of Hull A.C.**

Please enclose a 9" x 5" (A5) SAE for race number and info.

**NO SAE, NO NUMBER****ENTRY FORM**

Surname:		First Name:	
Address:			
		Postcode:	
Telephone - Daytime:		Telephone - Evening:	
Email:			
Age on Race Day:		Date of Birth:	
Club		Competition Licence number:	
Is club UKA affiliated? YES/NO		Gender: Male/Female	
UKA Club member	£8.00	<b>NO ENTRIES ON THE DAY</b>	
Unattached runner	£10.00		
<b>TOTAL</b>	£		

Please indicate T-Shirt size by ticking the relevant box below:			
Small <input type="checkbox"/>	Medium <input type="checkbox"/>	Large <input type="checkbox"/>	X-Large <input type="checkbox"/>

**DECLARATION:** I declare that I am an amateur according to UKA rules and that I am medically fit to run. I accept that the organisers shall not be liable for any injury, illness, damage or loss of property sustained as a result of my taking part in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_