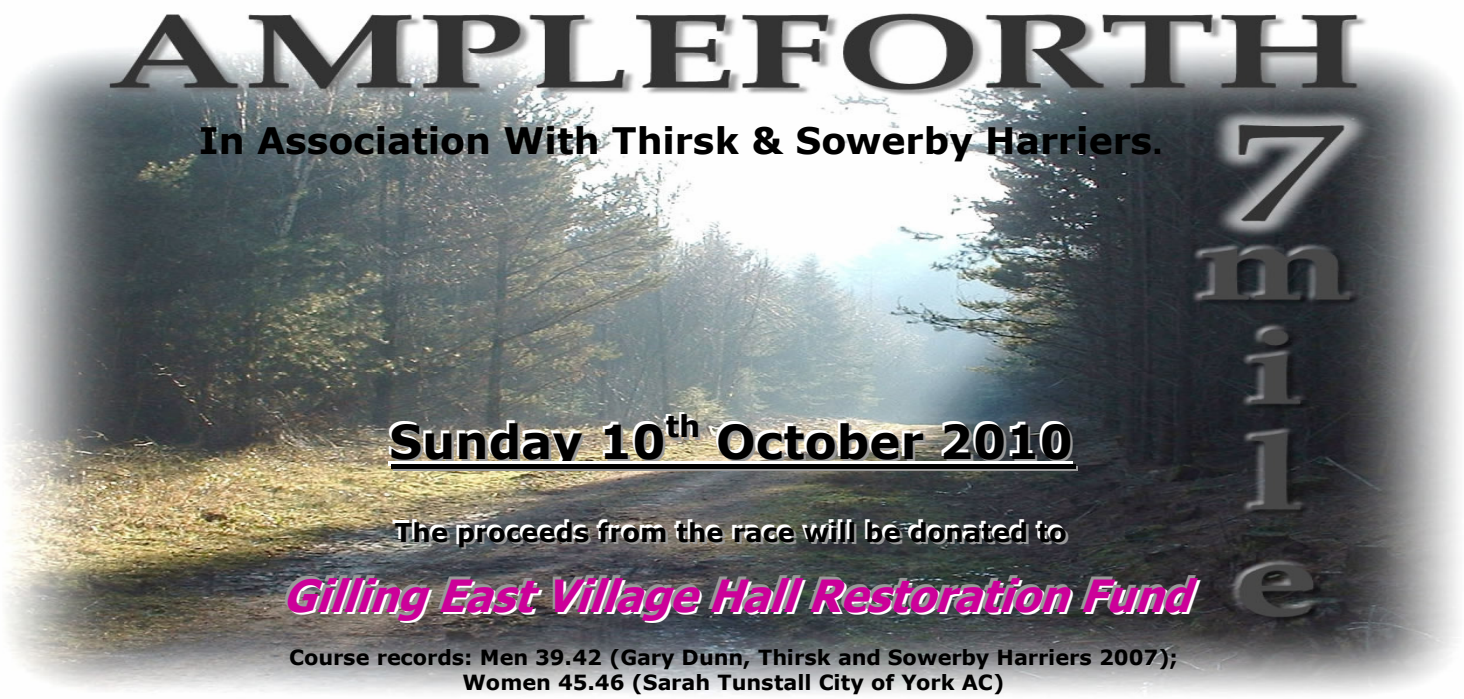

A scenic off road race through woodland and forest which forms part of the Ampleforth Estate Distance is approx 7 miles.

7 mile race starts at 1pm, Fun Run at 12.00 pm

Goody bag to all finishers and prizes to the 1st runner in the following categories:

7m **.....Male 16-39, 40-49, 50-59, 60+**
Female 16-34, 35-44, 45-59, 60+.

Fun Run.....Male/Female 8 & under, Male/Female 9-12, Male/Female 13 -15.

Closing date for postal entries 29th August 2009.

Ampleforth 7m & 2.5m Fun Run.

First name..... male/female **Age on race day.....**

Surname..... **Date of birth.....**

Address.....

Affiliated Club..... **NofEAA reg no.....**

Race entered .....

Entries: **£9.50** (non-club runners) **£7.50** (club runners) **for 7mile race** & **£3 for Fun Run.**

*Entries on the day **£1 extra.** (SAE required for race No)*

Cheques to **"Ampleforth Abbey Trading Ltd"**

St Albans Centre, Aumit Lane, Ampleforth College, Ampleforth, York. YO62 4HA

I hereby declare that I am an amateur as defined by UKA rules. I agree to abide by UKA laws and understand that the organisers of the race will not be held liable for cancellation or for injury, loss or illness however resulting from the race.

Signed..... Guardian/Parents if under 16