

# Rampton Hospital 10km

Do the 10 in 2010!

Sunday 18<sup>th</sup> April 2010 10.30 am

Rampton Hospital, Retford Road, Woodbeck  
Retford, Notts DN22 0PD



- Extensive Male and Female Prizes.
- Memento for all finishers.
- Ample Parking.
- Not Too Serious.
- Entrants must be over 15.
- Excellent Pre-London Race.

Entry Fee: £8 before 4<sup>th</sup> April - £10 thereafter.

Pay on the day available though only up to 10:00 am.

Cheques/Cash Payable to Andy Sly – 12 Kingsmead, Ordsall, Retford, Notts. DN22 7FD

Name:	Address:
Male/Female:	
D.O.B.:	
Race Day Age:	

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

Signature..... Date.....