

The **SELBY STRIDERS** 1K Family Fun Run. Runners Information sheet.

Dear Fun Runner

Thank you for entering the **SELBY STRIDERS** 1K Fun Run for 2012, which we are delighted to be staging once again as part of the Selby Town Council's Fun Day. *Please read all of these notes carefully before you come along to the run.*

You should find in your envelope the following items, (1) your race number which you must wear on the front of your running vest or T-shirt. (2) A map showing the venue of the run, which once again is in the grounds of Selby High School, and (3) a map showing the Car Parks in the centre of Selby.

An adult should accompany youngsters under the age of eight on the run.

Before the start

The Fun Run starts at 10.30 a.m. Please assemble at the start for 10.20 a.m. *Parents are asked to please use the public Car Parks in the centre of the town, which are shown on the map. Toilets are available in the Community Centre on Scott Road.*

During the race

The route is 1 kilometre in total, based mainly around the 400 meters grass track with some additional straights at the start and finish. Marshals and cones will be in place to guide you correctly round the route, so please listen to their instructions throughout the run.

Once you have crossed the finish line please keep in your finishing order and move along the funnel to the end, where the timekeeping officials will record your number. At the end of this funnel you will be given your medal for completing the run.

When it is all over

The presentation of the trophies for this run will take place at 12.30 p.m. on the field of the Scott Road Community Centre. Trophies will be given to: -

The first 3 male finishers. **The first 3 female finishers.** **The first boy & girl under 17.**
The first boy & girl under 15. **The first boy & girl under 13.** **The first boy & girl under 11.**
The first boy & girl under 9.

Results of the run will be available from the ukresults.net web-site, and published in the Selby Times the following Thursday.

If you would like to take up athletics Selby Striders Running Club now have a Junior Section, which meets at Barby High School on Mondays at 5.00pm for general training and Wednesday nights on the track at Brayton College at 5.00pm for middle distance training. These times and venues may alter from time to time.

For more details please contact Jim Harran on 01757 213378

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Why not kick off the celebrations of the
OLYMPIC TORCH RELAY
passing through our town by taking part in the

SELBY 1K FAMILY FUN RUN 2012

on Sunday June 17th the starting at 10.30 am
at Selby High School, Leeds Road.

Organised by
Selby Striders Running Club
As part of the Selby Town Council's Fun Day

Medals to all finishers. Trophies to the first three male and female finishers, plus the first boy and girl in the age groups :- under 9,11,13,15 and 17 years of age on the day of the run.

Entry fees :- £1.50p for children under the age of 17, and £3.00p for adults.

Cheques should be made payable to Selby Striders Running Club, and sent with the entry form below and a 9x6 SAE to:- **The Race Secretary. c/o 28 Croftway.Selby.North Yorkshire. YO8 9DD.**

Closing Date for entries Sunday June 10th 2012

Entry Form

Surname _____ First Name _____ Gender M/F _____

Date of Birth ____/____/____ Age on the day of the run. _____

Address. _____

Post Code _____ Home Telephone Number _____

Signature (*Parent or Guardian if under 17 years of age*) _____

Entry Fee enclosed £ _____ Date ____/____/____

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