

UK Athletics  
Licence No.



**Upton Bishop Big Dipper**  
5.64 Miles  
Sunday 26th September 2010.

**Start 11.00am from Upton Bishop Millennium Hall**  
[Plus children's fun runs start 10.30am]

**SURNAME:**

**FIRST NAME:**

**ADDRESS:**

**POSTCODE:**

**CONTACT NUMBER:**

**E-Mail:**

**DATE OF BIRTH:**  
[Minimum Age 15years]

**AGE ON RACE DAY:**

**GENDER: MALE / FEMALE**

**UK Athletics affiliated CLUB:**

**FEE PAID: UK Athletics MEMBER: £6.00**  
**Plus £1 for entry on the day**

**NON MEMBER: £8.00**

Cheques made payable to Upton Bishop Sports and Social Club

Results will be posted on [www.uptonbishop.org](http://www.uptonbishop.org) as soon as possible after the event  
If you require printed results please enclose a large stamped addressed envelope.

**DECLARATION:**

I confirm that I am fit to compete in this event and absolve the organisers from any responsibility and run entirely at my own risk. I will compete on foot and understand that no accompanying dogs or following cycles will be allowed.

**SIGNED:**

**DATE:**

Return to: Mr.N.Misselbrook, Ryelands, Upton Bishop, Ross-on-Wye, Herefordshire, HR9 7TU.  
[Race Numbers issued on the day.]