



DENTDALE RUN 2012

Under UK Athletic Rules

British
 Association
 of Road
 Races
 MEMBER

A CHARITY EVENT WITH ALL PROCEEDS GOING TO DENT C OF E PRIMARY SCHOOL

License No. 2012-103566	Saturday 10 March 2012 – Start 1.00pm	14 miles 379yds	Grid Ref 70458705
-------------------------	---------------------------------------	-----------------	-------------------

PLEASE COMPLETE IN BLOCK CAPITALS															
Surname													Sex (Please Tick)	M	F
First Name													Age on Race Day		
Address *1													Ran in 2011 race?	Y	N
Address *2															
Address *3													UKA Registration No		
Post Code													Club		
email															

Competitors must be 17 years of age or over on the day of the race

Closing date for advance entries 2 March

Race limit – 700 Runners

FREE Refreshments for Runners

Entry Fees: Affiliated Club Members £10.00

Unattached runners £12.00

Results available online www.dentdale.com

Entries will be accepted on the day for a £2 supplement on the above fees

I declare that I am an amateur as defined by UK Athletics laws and agree to abide by UKA laws. I am medically fit to run and I enter at my own risk. I understand that neither the organisers nor the sponsors are responsible for any injury or illness incurred by me during, or as a result of the race. Neither are they responsible for any of my personal property lost, stolen or damaged. Competitors are responsible for noting any relevant medical information which may prove useful in the event of a medical emergency (e.g. allergies, asthmatics etc) on the reverse of the race numbers. Waterproof markers will be provided for this purpose on race day.

Runners please note that for the safety of race marshalls there will be a cut off time at Church Bridge at approx 14.20 hrs. Marshalls and first aid cover will be withdrawn at that point and competitors continue at their own risk. A finishing time may not be available.

Signed Date

**PLEASE SEND A 9" X 6" STAMPED ADDRESSED ENVELOPE
 to The Dentdale Run, Dent C of E Primary, The Laning, Dent, Cumbria, LA10 5QJ
 Cheques to be made payable to 'The Dentdale Run Committee'**

ENTRY FORM

HIGH LANING DENT

Jewel of the Dales

SELF CATERING COTTAGES
LUXURY LOG CABINS
CARAVAN & CAMPING PARK

a warm welcome awaits...

High Laning
Dent, Nr. Sedbergh, Cumbria LA10 5QL
Tel/Fax 015396 25239
Email: info@highlaning.co.uk
www.highlaning.co.uk



You'll be so glad you came!

Stone Close

Charming 17th Century
Tea Room • Bed & Breakfast

Home cooked seasonal
meals, "lite bites" and a
wide selection of delicious
cakes served all day



Stone Close Tea Room
Main Street
Dent
LA10 5QL
Tel: (015396) 25231



Dent Stores

**Family Owned
Convenience Store**

Selling Newspapers, Sweets,
Groceries, Dent Ales and
much more

• Post Office outreach service
Tuesday – Thursday 9am–1pm

Main Street · Dent · Nr. Sedbergh
Cumbria LA10 5QL
Telephone Dent (015396) 25209

Eddie & Rita Smith



"Everything the runner needs"

Pete Bland Sports
34A Kirkland, Kendal,
Cumbria LA9 5AD
Tel: (01539) 731012/731117
Fax: (01539) 731012
www.peteblandsports.co.uk
e-mail:
sales@peteblandsports.co.uk

John Cooke

Paintings and Drawings

The Hill Studio
Dent LA10 5QL

downstairs
Best Cellars
Crafts,
Wendy Cooke

www.johncooke.org

Discover Dentdale

Discover Dentdale and you will find yourself immersed in natural beauty, stunning scenery, a depth of heritage and the culture of a Dales community that has attracted poets, painters, and musicians for many years.

Relax and unwind...

Spend your days strolling through beautiful meadows and lush riverside pastures, or exploring the hills and towns in the nearby Dales and Lakes - every day escaping back to your own corner of peace and tranquility.

From our quality holiday cottages with real log fires, to bed & breakfasts and campsites, Dentdale has accommodation to suit every pocket.

Enjoy!

For more information visit our website:
www.discoverdentdale.co.uk
Email: bookings@discoverdentdale.co.uk
Tel: 0797 398 9831



stramongate press
printers

Aynam Mills Little Aynam
Kendal Cumbria LA9 7AH

telephone 01539 720448
fax 01539 730253
e-mail info@stramongatepress.co.uk
website www.stramongatepress.co.uk

MEADOWSIDE CAFE BAR BISTRO

Warm, friendly & cosy
Warm yourself by the log fire
The finest freshly ground coffee!
Homebaked cakes, bakes and bread
Superb homemade meals using finest local produce
Takeaways available • Full English Breakfasts
Vegetarian and gluten free options available
Lots more on our Specials Board inside
Menus change seasonally
Fully licensed • Dogs welcome

The Laning, Dent
Phone: 015396 25329
Email: info@holidaycottageskye.co.uk