

# THE DENBY DASH 2019

**Bank Holiday  
Monday 26th  
August 2019**

A fundraising race event organised by Denby Village Conservation Group

**A 5.6 mile (9km) scenic and undulating course on footpaths through fields, woodland, conservation land and the historic Quaker Village at High Flatts with a total ascent of 700ft. Route marked & marshalled.**

(Also Junior races at 10.30am—see separate flyer/entry form)

**Homemade flapjack for all finishers.** Prizes for all age categories & spot prizes. Trophy for '1st local' lady and man home.

**Entry limit:** 150. Minimum age: 16 years

**Entry fee:** £6 pre-entry (by 23rd August) or £8 on race day

**Pre-entries:**



Enter on-line via [racebest](https://racebest.com/races/5u7fz) at <https://racebest.com/races/5u7fz>

Alternatively, send entry form & cheque payable to 'Denby Village Conservation Group' to 'Denby Dash' c/o The George Inn, Upper Denby, HD8 8UE. Entries are non-transferable & non-refundable.

**Registration:** 9.30 —11.45am at The George Inn, Upper Denby, HD8 8UE

**Race start:** 12 noon, behind The George Inn

**Prize giving:** approx. 1.50pm

**Facilities:** Free parking at Denroyd Farm HD8 8TZ, 5mins walk away. Toilets available at The George Inn.

**Refreshments :**

Hot & cold drinks and cake stall from 9.30am. Burgers from 10.30am.

**Attractions :** Live music & garden games—fun for all the family.

**Contact:** [annemiddleton60@gmail.com](mailto:annemiddleton60@gmail.com)

**Website:** [www.denbyvillage.org.uk/](http://www.denbyvillage.org.uk/)

## Senior Entry Form for Denby Dash (use separate form for junior races)

Name ..... Date of birth \_\_\_ / \_\_\_ / \_\_\_ Age on race day .....

Category (please circle below as appropriate)

Club (if applicable)

Women: WU23 WSEN W40 W50 W60 W70

Men: MU23 MSEN M40 M50 M60 M70

Address ..... Postcode ..... Tick box if you live in Upper or Lower Denby

Email address ..... Phone No. ....

Vehicle registration ..... Emergency Contact : ..... Phone No. ....

### Race declaration

I hereby sign and agree to take part in the Denby Dash entirely at my own risk. I declare that I understand the risks involved and that I am medically fit to compete and agree to compete in a cheerful and sportsman-like manner. I also agree not to hold the organisers or venue liable for any mishap or injury caused during the event. I agree to abide by the instructions of the organisers and officials. I understand that DVCG may use any photography taken at the event.

Signed ..... Date .....

**Competitor or if under 18, Parent/Legal Guardian**

Supported by :

**THE GEORGE INN**  
Upper Denby

**UPPER DENBY**  
DENTAL CARE

All proceeds to Denby Village Conservation Group.  
See [www.denbyvillage.org.uk](http://www.denbyvillage.org.uk) to learn more about the group and how you can help.

**DENBY  
VILLAGE  
CONSERVATION  
GROUP**