

# The ELMBRIDGE 10k



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**WHEN:** Sunday 26th July 2009 Start Time: 9:00 a.m. Flat-Fast-Scenic run on road and riverside towpath under U.K.A. rules (Permit applied for) Included in the Surrey Road League Series.

**WHERE:** Xcel Leisure Centre, Waterside Drive, Walton-on-Thames, Surrey. Refreshments and showers available. Limited parking, please share transport.

**ENTRIES: ALL RACE NUMBERS ARE TO BE PICKED UP ON RACE DAY, Please allow plenty of time before the race.**

UK Athletics registered £10.00 per runner - Unregistered runners £12.00 Entry on the day £15.00 unless full, please check the website before making the journey. Entries limited to 700-Minimum Age 16 years 25% of Profits donated to Elmbridge Cross Roads

**ON LINE ENTRY:** [www.roadrunners.info](http://www.roadrunners.info)

**PRIZES:** 1<sup>st</sup> Man and 1<sup>st</sup> Lady **£150**, 2<sup>nd</sup> **£100** and 3<sup>rd</sup> **£50**

1st Man over 40/50/60/70, 1st Lady over 35/45/55/65, ( One prize per person )  
Air Products prizes for 1<sup>st</sup> under 20 year old male and female and Spot Prizes  
Trophies to 1<sup>st</sup> Mens team (6) and Ladies team (4)

**£100** Cash Prize for beating the Mens and Ladies Course Records

Men:30min 33sec Kassa Tadesse, Belgrave.2004. Ladies:33min 52sec Charlotte Dale, Invicta 2004  
Shield to First Elmbridge Resident. Gold, Silver, or Bronze medals TO ALL FINISHERS.

## ENTRY FORM

PLEASE USE CAPITALS to fill in this portion and send it, with your entry fee to "Elmbridge Road Runners",  
NO stamped addressed envelopes PLEASE

to:- Race Secretary 4 Ridgemount, Oatlands Drive, Weybridge, Surrey, KT13 9JD

**ALL race numbers will be available at the entries desk on race day.**

Surname: ..... First Name: .....

Address: .....

..... Tel No.....

E-Mail (capitals please).....

Male / Female : ..... DOB: ..... Age on race day:.....

Name of Affiliated Club.....UKA Registration:.....

Elmbridge resident Yes / No ..... Est. time: .....

I declare that I am an amateur as defined by UKA Rules. I understand that I participate in this event at my own risk and the organisers will not be held responsible for any injuries sustained or property lost by me.

Signed..... : Date.....