

The ELMBRIDGE 10k



SPONSORED BY



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

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

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