

## ENTRY FORM

LAST NAME..... FIRST NAME.....

ADDRESS.....

.....

SEX - M/F ..... DATE OF BIRTH.....

TEL..... MOBILE.....

EMAIL.....

RUNNING CLUB.....

**DECLARATION: I am an amateur under UKA rules and over 15 years on 7th June 2009. I am medically fit to run in this event and hereby accept that the organisers will not be liable for any injury or illness incurred to my person or any loss or damage to property at this event.**

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

ENTRY FEE (Tick)            £6 Affiliated            £8 Non Affiliated

(Entries on the day £2 extra)

Send to: Race Entries, 45 Church Street, Thurmaston,  
Leicester LE4 8DQ.

Please enclose SAE for race numbers. Can you take special care to make sure that you put the right amount of postage for the size of envelope. For administration reasons, entries before 1<sup>st</sup> June 2009 would be appreciated, numbers will not be sent out after that date and must be collected on the day. The race organisers reserve the right to close the entries if maximum of 600 entries are received prior to race day.

Cheques payable to 'Birstall Running Club'

Web site [www.birstallrc.org.uk](http://www.birstallrc.org.uk) for more details.

**ONE LAP COURSE \* QUIET RURAL ROADS \* FIRST AID AND PARAMEDIC \* LEAD CAR \* UKA RULES Permit applied for.**

**Changing rooms available with limited showers and toilets.**

**Refreshments Tea coffee etc.**

**Very limited parking on car park but extra parking will be available on the field if dry. If using nearby roads please park with respect.**

**The course uses the very popular Swithland 6 route with a little extra. Please be aware that there are potholes on Kinchley Lane, immediately after the reservoir at two miles, and extreme care is needed. The start is on Bond Lane and is quite a distance, about half a mile, from the changing rooms across the playing fields and along a footpath so please leave plenty of time to get to the start in time. The finish is on Halstead Road through a gate onto the playing fields.**

**PRIZES - 1<sup>st</sup> man and 1<sup>st</sup> woman - £100, 2<sup>nd</sup> - £50, 3<sup>rd</sup> - £30**

**1<sup>st</sup> V40/50/60/70 man and 1<sup>st</sup> V40/50/60/70 woman - £20**

**1<sup>st</sup> Under 17 Male and Female.**

**1<sup>st</sup> Junior Male and Female (i.e. Under 20yrs on the day of the race)**

**1<sup>st</sup> men's team (4 to count) and 1<sup>st</sup> women's team (3 to count)**

**1<sup>st</sup> Woman - Di Jackson Memorial Shield**

**Memento for every finisher**

**Any runner who finishes in a position that qualifies for more than one individual prize, shall be allowed to select only one of these prizes (excepting for the Di Jackson Memorial Shield, and Team prizes)**

**Any junior runner entering, must be a member of an Affiliated Club which has a safeguarding policy, and that has a Club Officer holding a current Athletics CRB Certificate present at the race.**

**If you are thinking of running this race but don't belong to a club, why not join us at Birstall RC on a Monday 6.15pm and Friday 6.45pm for our training sessions. Ages over 15.**

**See web site for details - [www.birstallrc.org.uk](http://www.birstallrc.org.uk)**

