

WARRINGTON ROAD RUNNERS 10K

in association with

UP & RUNNING



Thursday 18th June 2009 at 7.30pm

U.K.A. permit Applied for

The Course:

BAF/RRC accurately measured course around Woolston Linear Park, East Warrington and surrounding roads.

Starts at the Rangers Hut in the Linear Park. Well marshalled, signposted, mostly traffic free.

Prizes:

First 3 men First 3 Women

Male Vets over 40 & over 50

Female Vets over 35 & over 45

Winners will receive one category prize only

Extra prize for breaking course records

Presentation at 8.45pm outside Rangers Hut.

Goody bags & spot prizes. Mementos to all finishers

First Aid:

First aid is available at the finish..

Course Record:

Men 30.15

Women 35.53

Facilities:

Limited toilets and changing available at the rear of the Rangers Hut.

Parking is at the finish of the race **only**, off Hillock Lane, 5 minutes from the start.

Details of the race and results can be found on www.warringtonroadrunners.co.uk

**Please
include a
S.A.E.**

Entries to: Mr J. Hough, 42 Pepper Street, Lymm Cheshire, WA13 0JN

Cheques payable to Warrington Road Runners

Name: _____ Male Female

Address _____

Postcode: _____

Telephone No: _____ Age on race day _____

Entry Fee Enclosed £ _____ £6 **U.K.A. Affiliated Club** _____

U.K.A. Affiliated Club Reg No _____

£ _____ £8 Non Affiliated Runners

**** £1 extra if entering on the night ** ** 50p extra for results in the post****

N.B. No U.K.A. Registration number no reduction

I take part in this run at my own risk and accept that the organisers will not be responsible for any injury sustained, or property lost, in connection with the event and that their decision in all matters pertaining will be final. I will abide by U.K.A rules. **N.B. Minimum age for 10k is 15 on day of race.**

SIGNED _____ DATE _____