

I form per entrant please, photocopies and universal entry forms are accepted.
Closing date 9th June.

Entries received after 9th June will be held for collection on race day.

Entries with time chips will close at 9.30 am, run without a time chip entries will close at 10.00 am

For health and safety reasons we request that runners should not run with headsets or any form of earphones.

Please Tick appropriate boxes	10k	4.3k	Male	Female
Text confirmation (10p; if required)	Mobile number for text confirmation:			

Online entries will need to register online at aldridgerunningclub.co.uk

Surname:.....

First Name:.....

D.O.B.Age on race day:.....

Affiliated Club:.....

Address:.....

.....Postcode:.....

Tel:.....

I enclose a fee of £.....

England Athletics Reg Number:.....

I declare that I am an amateur as defined by UKA/BARR and that I will abide by race rules. I agree that the organisers are not responsible for any loss or injury resulting from taking part.

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

Data Protection: - All details given will be used for race purposes only and will not be passed to any third party.

Aldridge, Running Club

Sponsored by

The co-operative



Presents

The 20th Running of their 10K Road Race

ALDRIDGE 10K & 4.3K

(Both accurately measured)

Road Races

With Children's Runs

UKA Athletic Licence: Licence applied for BARR Permit applied for



Sunday 12th June 2011

Start Times: **4.3K 10.30 AM, 10K 10.45 AM**

Venue

Cricket & Hockey Club, Aldridge
WS9 8QP



**Venue:**

Stick & Wicket Club, The Green, Aldridge.

Events Schedule:

Children's Races: 9.30 am

4.3K: 10.30 a.m.

10K: 10.45 a.m. (*Minimum age 15 yrs*)

Parking:

FREE at numerous Local Car Parks.

Course: Good undulating road surface, but not all roads are traffic free. It is unsuitable for wheel chair users. A water station will be on The Green. Time chips must be worn by all runners.

Medals to all finishers

Children's Runs:

Medals & Goody-Bags.

Prizes:

10K: 1st 2nd & 3rd with some age categories (*see Leaflet*)

4.3K: 1st 2nd & 3rd male and female

Results: @ www.aldridgerunningclub.co.uk

Results: @ www.aldridgerunningclub.co.uk

UP & RUNNING

realbuzz
runbritain.com

Entry in advance:

10K Affiliated	£10
Unattached	£12
4.3K All Runners	£8

Entry fees on the day:

10K Affiliated	£12
Unattached	£14
4.3K All Runners	£10

Children's runs: £3 on the day only

Please include an additional 10p to your entry fee if you require a text to confirm your race time.

Race entries can be made online at Runners World (www.runnersworld.co.uk/) or aldridgerunningclub.co.uk alternatively for a race number, information pack and time chip please send completed form, correct fee and S.A.E. (min 9"x 6"). ARC will not be responsible for any missing numbers due to incorrect postage.

Entries Secretary, to:

Rachel Parker, 4 Swan Street, Broseley, Shropshire TF12 5HW
rachelparkerarc@gmail.com
ARC mobile 07971 016865

Cheques payable to Aldridge Running Club