

I form per entrant please, photocopies and universal entry forms are accepted.  
Entries received after 9th June will be held for collection on race day.

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:			

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

## ALDRIDGE 10K & 4.3K

*(Both accurately measured)*

### Road Race

### With Children's Runs

UKA.Athletic Licence 2010-0105 Bar Permit applied for

### Sunday 13th June 2010

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



**Entry in advance:**

10K Affiliated	£8
Unattached	£10
5K Affiliated	£5
Unattached	£6

**Entry fees on the day:**

10K Affiliated	£10
Unattached	£12
5K Affiliated	£6
Unattached	£7

Children's runs: £2.50 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/](http://www.runnersworld.co.uk/)) or alternatively for a race number, information pack and time chip please send completed form, correct fee and S.A.E. (min 9"X6") to:

**Entries Secretary,** Mrs Anne Herold, 4 Helston Road, Park Hall, Walsall, WS5 3HT. 07971016865

**Cheques payable to Aldridge Running Club**

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