

celebrating our  
**30th** Anniversary

THE

**Sherwoods**

SERVING THE COMMUNITY FOR OVER 90 YEARS



VAUXHALL

# DARLINGTON 10<sup>KM</sup>

**SUNDAY 13  
AUGUST 2017**

**10.30am**

Run under UKA rules  
Road Race Licence  
2017 - 27824

Darlington  
Borough Council  
works in Partnership  
with Rotary Club of  
Darlington in the  
organisation of  
this event



@HealthyDton #darlo10k



facebook.com/darlington10km

**ADVANCE ENTRY**  
(ONLY FOR THE 10KM)



Healthy  
Darlington

eat well, move more, live longer



# A BIG THANK YOU TO OUR SPONSORS

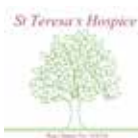


Our main road race sponsor

We are also grateful to the following for their support



## THIS YEAR'S NOMINATED CHARITIES



### St Teresa's Hospice

We are also delighted to continue our ongoing support to St Teresa's Hospice which has been providing free essential care in Darlington and the surrounding community for over 27 years.



### Darlington and District Samaritans

Darlington Samaritans offer support to callers by telephone, email, text messages and by face to face visits in our branch at 13 Woodland Road.

We can be contacted at all hours of the day and through the night when other services are not available; providing a vital service to people in distress, despair or who are contemplating taking their life.

Samaritans don't judge, don't advise or counsel – we simply listen. Encouraging our callers to talk or remain silent if they wish, they might find a way through their difficulties towards a brighter future.

As a local charity with no grant funding we rely on the generosity of local people.

You can call us anytime on **01325 465465** or **Freecall 116123**

A helpline is available for anyone affected by domestic abuse 01325 364486

**Please support us - every donation is important!**

## TRAINING TIPS

For training tips, schedules and advice on running in general go to [www.runbritain.com](http://www.runbritain.com) You can also visit the 10km website at [www.healthydarlington.co.uk/10k](http://www.healthydarlington.co.uk/10k) for a 10-week training schedule. You can also join one of our two local running clubs.



For further details go to [www.quakersrunning.org.uk](http://www.quakersrunning.org.uk) and [www.darlingtonharriers.co.uk](http://www.darlingtonharriers.co.uk)  
Additional local training sessions can be found at [www.healthydarlington.co.uk/10k](http://www.healthydarlington.co.uk/10k)

**ADVANCE ENTRY ONLY FOR THE 10KM**

# EXTENSIVE PRIZE LIST

To celebrate 30 years of Darlington 10K we've increased the 1st, 2nd, and 3rd prize package for one year only'

## MEN'S AND WOMEN'S PRIZES

1st prize to the value of	£600.00
2nd prize to the value of	£350.00
3rd prize to the value of	£225.00
4th prize to the value of	£50.00
5th prize to the value of	£30.00
6th prize to the value of	£20.00

## MEN'S AND WOMEN'S TEAM PRIZES

(First 3 to count)

1st 3 prizes to the value of	£30.00
2nd 3 prizes to the value of	£20.00
3rd 3 prizes to the value of	£15.00

## VETERAN PRIZES

(Over 40 to over 80 for men and over 40 to over 80 for women). For the 1st and 2nd in each 5 year age category - Value £20 and £15 each respectively (not otherwise a prizewinner).

## YOUNG ATHLETES CATEGORY

There will be a young athletes category in the 10km and prizes will be awarded to 1st and 2nd in both boy and girl categories.

Young athletes aged between 15 and 17 will be eligible.

## ALSO PRIZES FOR:

- An additional £150 in prize money is on offer for winning the race and setting a new course record. Available in both men's and women's races

## CURRENT RECORDS:

- Yared Hagos 30.06 (2011)
- Kate Avery 33.05 (2014)

Prize vouchers supported by

**START**  
FITNESS  
THE RUNNING SPECIALIST

## FAMILY FUN RUN (9.00am start)

Even the smallest children are catered for with our Family Fun Run. It's a great opportunity for all the family to take part together. It's also a great warm up for mum or dad before the 10km! Souvenir medals for all participants. Entry is available on the day at The Dolphin Centre for the Fun Run or why not save time and enter in advance?

**To enter fun run complete this form and either pay and hand it in to The Dolphin Centre or send it to The Dolphin Centre, Horse market, Darlington, DL1 5RP. Cheques to be made payable to Darlington Borough Council.**

## 3KM JUNIOR RUN (9.45am start)

The reintroduction of the junior 3k has proven popular amongst younger generation, we hope to build on that success of the past 2 years. The run is over an out-and-back road course for 8 – 14 year olds. All entrants will receive a t-shirt and there are prizes for age categories. The race is also a great opportunity for local sport clubs, athletic or otherwise to raise funds for their club.

**(Please note there is a separate entry form to complete for the junior 3K run, visit [www.healthydarlington.co.uk/10k](http://www.healthydarlington.co.uk/10k) or enter online at**

**<https://www.bookitzone.com/DarlingtonRaces/4934>**

## RUN TIMING AND RESULTS

Results will be available at [www.uktimers.net](http://www.uktimers.net) and [www.ukresults.net](http://www.ukresults.net). Don't forget to include your mobile telephone number when you enter and you will receive a post race text with your race time and finishing position, at no additional cost.

## RACE PHOTOGRAPHY

Studio 8 will be providing race photography for the 10km. You will be able to view and purchase photo prints and digital image by visiting [www.studio8online.co.uk](http://www.studio8online.co.uk)



**ADVANCE ENTRY ONLY FOR THE 10KM**

# ENTRY FORM

One entry per form, if you wish to enter more than one event, a separate entry form will be required (photocopies of entry form are acceptable)

- Closing date for all entries is **Friday 4 August 2017** or when race reaches capacity.
- Cheques should be made payable to; Darlington Borough Council and entries sent to **The Darlington 10k, c/o UKtimers, 1 Sutton Street, Blackburn, BB2 5ES**
- You can also enter the 10km online by visiting <https://bookitzone.com/DarlingtonRaces/4933>  
Your race information will be mailed out as normal.

## ENTRY AND GENERAL RACE ENQUIRIES

If you have any postal registration or race pack queries please email: [john@uktimers.net](mailto:john@uktimers.net)

For queries relating to online entry, contact [info@bookitzone.com](mailto:info@bookitzone.com)

For general event queries contact Phil Haymer on (01325) 406417,

email [eventsteam@darlington.gov.uk](mailto:eventsteam@darlington.gov.uk) or go to [www.healthydarlington.co.uk/10k](http://www.healthydarlington.co.uk/10k)

## PERSONAL DETAILS

First name	Surname	Male/female	D.O.B.
British Athletics club Name	British Athletics Registration Number	Anticipated finish time	
Address			
<hr/>			
Postcode		Tel No	
Email		Mobile required for text results service	

Your data will be retained on the race database and you may receive information on other council events or from other organisations directly linked to this event. If you do not wish to receive information you can withdraw your consent by ticking here (this does not effect your rights under the Data Protection Act)

<b>THE DARLINGTON 10km</b> All competitors must be 15 or over on the day
Young athletes 15 to 17 years £8.00 <input type="checkbox"/> UKA £13.00 <input type="checkbox"/> Unattached UKA £15.00 <input type="checkbox"/>
Wheelchair assisted entrants (both events are wheelchair friendly) <input type="checkbox"/>
T-Shirt Size S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>
Closing date for all entries is Friday 4 August or when race capacity is reached (Fun Run entrants can enter on the day) Please note that entry fees are non-refundable

I declare that I am medically fit and understand that I enter at my own risk and that the organisers shall not be liable for any loss, damage, actions, claims, costs and expenses which may be made against the organisers by reason, or in consequence associated with the event. By entering this event you give permission for the free use of your name, voice or photographic image to be used for marketing and promotional purposes directly related to this event. I agree to abide by British Athletics rules. Any entrant aged under 18 must have their entry form approved and signed by a person aged over 18.	<b>FUN RUN</b> Adult £2.00 <input type="checkbox"/> Children under 15 £1.00 <input type="checkbox"/> Entries are available on the day
	<b>Please leave blank</b>
Signed: _____	