



# CUSWORTH 10k ROAD RACE AND FUN RUN

RACE LICENCE 2019/36792 / COURSE MEASUREMENT CERT..  
AUTOMATIC CHIP TIMING

## SUNDAY 29thTH SEPTEMBER 2019

FUN RUN 09.45 10K 10.30

**£100, £75 AND £50 CASH PRIZES TO FIRST 3 MEN/WOMEN**

*10th anniversary year celebrating with spot prizes*  
VOUCHERS TO CATEGORY WINNERS AND MEDALS TO FUN RUN

**SPONSORED BY METRES TO MILES**

**INCORPORATING SOUTH YORKSHIRE 10K CHAMPIONSHIPS**

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<b>Forename:</b>	<b>Telephone:</b>	
<b>Surname:</b>	<b>Email:</b>	
<b>Address:</b>	<b>Club name:</b>	
	<b>UKA number:</b>	
	<b>Age:</b>	<b>D.O.B.</b>
	<b>Veteran/age cat:</b>	
<b>Postcode:</b>	<b>Sex (m/f):</b>	

.....

### YOUR ENTRY - Please tick appropriate box:

£14 - 10K Road race - Affiliated Club Members, inc. £2 discount - minimum age 15yrs.

£16 - 10K Road race - Unattached Runners minimum age 15yrs.

£3 - Fun Run - All runners (under 9s must be supervised by an adult)

**Entries after 22nd September incur a £2 levy and will not qualify for prizes**

Please send entries and payment (cheques/postal orders payable to Doncaster Athletic Club) to: Race Secretary, 3, Byram Court, Balby, Doncaster DN4 8GD. No postal entries accepted after Friday 27th September 2019

I declare that I am an amateur as defined by the UK Athletics rules and agree to abide by these rules. I am medically fit and understand that I enter at my own risk and agree that the organisers shall not be liable for any accidents, injuries, loss or damage that may occur as a result of my participation in the Sandall Beat 10K Trail race and that should the race be cancelled for any reason I may not be eligible for a refund of my entry fee.

**Signed:..... Date: .....**

**Race information and on-line entry available on-line at [www.doncasterathleticclub.com](http://www.doncasterathleticclub.com).**