

Accrington Road Runners present **Accrington 10K**



@accrington10K



Accrington Road Runners

10am Sunday 30th October 2016

Sponsored by

GaskellMotorBodies
ACCIDENT REPAIR CENTRE

Prizes

- 1st 6 Male & 6 Female
- Event record £100
- 1st Vet male 40/45/50/55/60/+
- 1st Vet female 35/40/45/50/55+
- 1st Team M/F
- 1st junior (under 19 yrs) M/F

Other info

- Fast accratley measured course (sorry not suitable for wheelchairs), certificate number No 09/039
- Under UKA Rules - Licence no. (applied for)
- Snacks and drinks on sale in the clubhouse
- Changing facilities (no showers)
- Technical T-Shirt to all finishers



PLEASE NOTE

In the interest of safety, wearing headphones or any other listening devices is strictly forbidden during the race. Any runner violating this rule will be disqualified.

Where **Start 10am, Burnley Rd, below Whitakers Arms pub**

Registration from 8am at race HQ, Accrington Cricket Club, Thorneyholme Rd, Accrington (off Queens road, near to Accrington Victoria Hospital) - continue down Thorneyholme Road and follow the short dirt track to the Cricket Club.

Sat Nav users - please use postcode **BB5 6BD**

PLEASE NOTE - The race start line is approx 10 minutes walk from registraion/HQ. Please allow plenty of time for this.

Fees

**£12 Affiliated Athletes £14 Unattached
£2 Extra on race day**

Cheques payable to 'Accrington Road Runners'. Closing date for postal entries 24th October 2016. Entries recieved after this date will require entrants to collect race numbers and info from REGISTRATION on race day. On-line entries via bookitzone.com

A donation from each entry will go to East Lancashire Hospice.



Supported by **Tony Bolton Sports** www.tonyboltonsports.co.uk

Accessories, drinks bottles, gloves, hats, jackets, shorts, socks, tights/tracksters, training tops



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Important - competitors are requested to complete the medical information form on the reverse of their race number

9" x 6" SAE required with postal entries

Entries to: Race Director, 12 Singleton Ave, Read, Nr Burnley, Lancs BB12 7PJ

Tel 01282 771502 or runbunrun@hotmail.com (essential enquiries only please!)

Name _____

Age on race day _____

Address _____

Date of birth _____

Minimum age on race day - 15 years

Postcode _____ Tel _____

Email address _____

Athletic club _____

Home country governing body competition/registration No. declaration.

I understand that I am entering entirely at my own risk and will not hold the organisers responsible for any injury or loss as a result of my participation. For entrants under the age of 18 years on the race day, a parent or guardian signature of consent is required. Please indicate if you are a parent or guardian.

Male/female
(Please delete)

We are advised on safety grounds, that the course is unsuitable for wheelchair athletes. However, we, the organisers, would be pleased to try and accommodate any special needs or requirements - provided the organisers are notified well in advance - see contact number above.

Leave blank

Signed _____ Date _____