



# WESHAM ROAD RUNNERS

[www.weshamroadrunners.co.uk](http://www.weshamroadrunners.co.uk)

Presents:

## Wesham 10k

Saturday 26<sup>th</sup> November 2016

Start time: 10.00am prompt

**Race HQ:** Smiths Arms, Lea Lane, Lea Town, Preston, PR4 0RP

**Car Parking for Race Start:** BNFL Car Park Salwick, PR4 ORN

Race over a rural, undulating course - event held under UKA Rules (License Number applied for)

**Prizes:** Improved Team prizes; Cash prizes; spot prizes; prizes for all vet categories (MV40 to MV80+; FV35 to FV80+)

£50 cash Prize for new course records both male (previous record 30.56) and female previous record 33.58)

**Entry Fees:** £10:00 attached £12 unattached - £2 extra on the day, if limit (550 runners) not reached.

**Kit Bag and bespoke medal to all finishers.**

**\*NO iPods etc. – disqualification will occur if any runner is seen wearing such equipment.**

Online entry available at: [www.bookitzone.com](http://www.bookitzone.com) [www.runnersworld.co.uk](http://www.runnersworld.co.uk); [www.fullonsport.com](http://www.fullonsport.com) or [www.runningdiary.co.uk](http://www.runningdiary.co.uk) collect numbers on the day from Race HQ.

Send postal entries and STAMPED, ADDRESSED ENVELOPE (9" X 6") with correct postage for receiving number and info to:

The Entries Secretary, 55 Catforth Avenue, Blackpool FY4 45F, Tel 01253 767417

Cheques and P.O. payable to: WESHAM ROAD RUNNERS.

Email address [pete.cooke@weshamroadrunners.co.uk](mailto:pete.cooke@weshamroadrunners.co.uk)

Minimum age: 15-years-old on Race Day

\*Numbers returned prior to the postal closing date will get FREE entry to the 2017 race.

**\*POSTAL CLOSING DATE\* Sunday 20<sup>th</sup> November 2016 or sooner if limit is reached (600 runners).**

This race usually fills up quickly, so please enter early to guarantee a place.

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<b><u>SURNAME:</u></b>	<b><u>AGE ON RACE DAY:</u></b>	<b><u>D-O-B</u></b>
<b><u>FIRST NAME(S):</u></b>	<b><u>ADDRESS:</u></b>	
<b><u>MALE/FEMALE:</u></b>	<b><u>TELEPHONE NUMBER:</u></b>	<b><u>EMAIL:</u></b>
<b><u>UKA REG NO:</u></b>	<b><u>UKA CLUB:</u></b>	
<b><u>DATE:</u></b>	Office use	Number UK RESULTS
<b>SIGNATURE: (under 16s to be signed for by parent/guardian)</b> *Please enter me for the above race. By signing this, I accept that the organisers shall not be liable for any loss of property or injury or illness to my person as a result of taking part. I am medically fit and am an amateur competitor as defined by UK Athletics.		