

# ~ 56th DERWENTWATER TEN ~

Sunday 1st November 2015 at 12:00 noon.



A 10 mile road running race around Derwentwater.  
Annual event since 1960. Organised by Keswick AC  
Visit the Club web site at: [www.keswick-ac.org.uk](http://www.keswick-ac.org.uk)



Licence 2015-20216

## Cert. Accurate 03/050

- DATE:** The 56<sup>th</sup> Derwentwater Ten road race, organised by Keswick AC, will be taking place on Sunday 1st November 2015 and will start at 12:00 midday.
- ENTRIES:** Entry for the race will be online via **Bookitzone.com** or a cheque made payable to: 'Keswick AC' to: **Derwent Water 10, 24 Trinity Way, Keswick, CA12 4HZ.**
- Limited entries will be taken on the day (+£2), but substitutions will be allowed.  
Please contact the race organiser at [derwentwater10@gmail.com](mailto:derwentwater10@gmail.com).
- Please note that the maximum number of entrants will be 500 and minimum age is 16 years.
- COST:** Club Runners - £12.00 Unattached - £14.00 Race numbers to be collected on the day.
- VENUE:** Race HQ is at Keswick School, Crosthwaite, Keswick, CA12 5QB. The school will be open from 9:30am and there will be refreshments, changing facilities, showers and toilets available. Race numbers are to be collected from the school on the day.
- There is limited parking at the school and competitors are advised to use town car parks and to share cars where possible.
- RACE:** UK Athletics rules apply i.e. no folding of numbers and club vests to be worn. Runners must keep to the left hand side and have regard for the safety of themselves and others. There will be no road closures so I-Pods etc will not be permitted.
- ROUTE:** The race starts in Keswick Market Square at 12:00 midday. The start is approximately 800 yards from registration so please allow 10 minutes to get to the town centre. There are public toilets in close vicinity to the start.
- From the start the route loops around Derwentwater in a clockwise direction, is undulating in nature and run entirely on tarmac. Drinks will be provided at approximately 5 miles and at the end. St John Ambulance will be in attendance at the start and finish.
- RECORDS:** Male: Yared Hagos, Bradford & Airdale, 49.05 (2011)  
Male Vet 40: Dave Maclachlan, Border Harriers, 52.56 (2001)  
Female: Rebecca Robinson, Kendal AC, 56:23 (2010)  
Female Vet 35: Lorna Irving, Edinburgh, 56:59 (1986)
- PRIZES:** There is an extensive prize list which includes a £200.00 prize for the race winner plus an additional £200.00 for breaking the course record of 49:05 set in 2011. Prize-giving will take place in the School Hall at approximately 14:30pm.

**~ 56th DERWENTWATER TEN ~**  
**Entry Form**

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_

Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB/TEAM NAME \_\_\_\_\_

Affiliated Yes/No.

I declare I will be 16 years of age or over for the 10mile events. I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event.

I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall's and organiser's instructions. If under 18 years of age, entry form should be signed by a parent/guardian.

SIGNATURE .....DATE .....