



STAINES 10K

Sunday 13th May 2012 at 09:00



Held under UK Athletics rules.

Organised by Spelthorne Borough Council, Runnymede Runners and Staines Strollers
Enter on-line at no extra cost at www.staines10k.co.uk

The course comprises a single loop on public roads from Spelthorne Leisure Centre, Knowle Green. Certified course. UKA Permit applied for.

Changing, showers, free swim, parking, and refreshments are available at the finish.

Awards: T-Shirt and Medal to all finishers. Trophies for 1st Male & Female, and category prizes. Team prizes to 1st male and female teams, 4 to score.

Bonus prize for setting new course records.

Course records :- Men: 31:57 (2007), Women: 37:12 (2011)

Minimum age 17 years on race day.

Entry Fees:

£14.00 standard fee, or £12.00 (For holders of a competition licence and membership of a club, affiliated to UK Athletics)

Race limit is **650**, with **No** entries on the day.

Race numbers and Timing Chips will **NOT** be sent out but will be available for collection from 07.30 on the day of the race at the race HQ.

Entry and race day instructions can be found on

www.staines10k.co.uk

General enquiries email: info@staines10k.co.uk Entry enquiries email: staines10k@sportsystems.net

The course is unsuitable for wheelchairs, prams, pushchairs and dogs.

Personal stereos are forbidden under UK Athletics Rules. Runners wearing these **WILL** be disqualified

Supporters include:

- Everyone Active/ Spelthorne Leisure Centre
- Brewers
- Apex Sports
- Mova Hairdressing
- The Old Red Lion



For Postal Entries

Cheques payable to: Staines 10K (Entry Fee includes return mailing)

Send to:

Staines 10k
c/o Sports Systems Ltd
Regency House
61, Walton Street
Walton on the Hill
Tadworth
KT20 7RZ

Any postal entries received after 13th April 2012 or after entry limit reached will not be processed

Entry form. Please print legibly. - someone else has to read it!

First Name: _____ Surname: _____

Address: _____ Date of Birth: _____ / _____ / _____

Male / Female: _____

Town: _____ ☎ Home: _____

County: _____ ☎ Work: _____

Postcode: _____ *Please include full postcode* ☎ Mobile: _____

Email: _____

Club: _____ *Please use full club name*

UK Athletics Registration Number: _____

Office use only

Data Protection: Your details will be stored on computer for purposes of race administration/results production only and will not be passed to any third parties. Your name, age and finishing time will be published on the internet but no other personal or contact details.

Please enter me for Staines 10k I am medically fit and enter at my own risk. I understand that the organisers will in no way be held responsible for any injury, illness, accident or loss of property during or as a result of this event.

I enclose a cheque for £ _____ made payable to Staines 10k.

Signed: _____

Date: _____