



STAINES 10K

Sunday 16th May 2010 at 09:00



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. UK Athletics Road Race licence.

Course records :- Men: 31:57 (2007), Women: 37:30 (2005)

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

Minimum age 17 years on race day.

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

Full details on: www.staines10k.co.uk
General enquiries email: info@staines10k.co.uk
Entry enquiries email: staines10k@sportssystem.net

Entry Fees:

£12.00 standard fee, or £10.00 discounted
To receive the £2 discount you must hold a competition licence and be a member of a club affiliated to UK Athletics.
Race limit is 600, with **no** entries on the day.

Cheques payable to: Staines 10k
Entry fee includes all return mailing.

There is no need to send a stamped addressed envelope.

Race numbers will be sent out approximately 2-3 weeks before the race. Numbers for entries received after Saturday 8 May 2010 must be collected on the day of the race at the race HQ.

The course is unsuitable for wheelchairs, prams, pushchairs and dogs.
Held under UK Athletics rules. Certified course. UKA Permit applied for.

Supported by:

- Spelthorne Leisure Centre
- Brewers
- Activ8rehab
- Apex Sports
- The Old Red Lion
- Staines Sports Injury & Wellness Centre
- Cousins Fruiterers

Send entries to:

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



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: _____

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.

Office use only

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.

[Entry Form Staines10.pdf]

Signed: _____

Date: _____

Enter on-line at no extra cost at www.staines10k.co.uk