

**SUB 4 STAFFORD 20**  
20 mile road race  
**SUNDAY 14th MARCH 2010**  
**AT 10.30am**

**THE 32nd STAFFORD 20** incorporates a  
**NSRRA League Race**  
**and the Staffs County Championships**  
It is run under UK Athletics rules and Permit Scheme from  
**Staffordshire University at Beaconside, Stafford,**  
**Which is easily reached from J.14 of the M6**  
The course is on rural roads and lanes over undulating  
Country, North of the County Town  
It is accurately Measured  
RRC Standards apply.  
Race Record: Tony Milosorov (Tipton) 1.39.06 - 1988  
Course Record over the revised course from the University  
Chris Penny 1.43.42 - 1992  
Sandra Branney 2.04.37-2000

**Awards** to winners in the Staffordshire Championships  
And the first in each NSRRA Group  
**PRIZES** to 1st<sup>st</sup>5 Men. 1st 5 Ladies and all veteran categories  
Teams 3 to Count Male & Female  
ONLY ONE INDIVIDUAL PRIZE PER WINNER.

**ENTRIES FEES OF £8-00 (£10-00 IF UNATTACHED)**

**PAYABLE TO STAFFORD 20**

AND SENT IN A LARGE SAE TO  
SUB-4 STAFFORD 20 6 GARDENHOLM CLOSE, LIGHTWOOD,  
STOKE ON TRENT, STAFFS ST3 7YQ

ENTRIES ON THE DAY WILL BE SURCHARGED £1.00

Please note our 4hour limit to avoid undue pressure on officials and  
Supporting staff. Runners continuing after 3pm must be responsible  
for themselves, we will maintain skeletal services for a while beyond  
the limit.

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**SUB-4 Stafford 20: entry form :: 2010**

BLOCK CAPITALS PLEASE

NAME.....MALE[ ] FEMALE[ ] AGE (on raceday) [ ]

ADDRESS.....

.....TEL:.....

UK Affiliated Club.....or UNATTACHED

NSRRA No..... UK Athletics Number.....

Which FOOTWEAR BRAND DO YOU WEAR? .....

**Enclose Entry Fee (£8-00 or £10-00 unattached payable to STAFFORD 20**  
and SAE .I declare that (1) I am medically fit to run and understand  
that I enter at my own risk, (2) that I am an amateur according to  
the rules of the MCAA, (3) that I will abide by MCAA laws and rules  
governing the conduct of this race.

**SIGNATURE**.....**SEND TO SUB-4**  
**STAFFORD 20, 6 GARDENHOLM CLOSE, LIGHTWOOD, STOKE ON TRENT, STAFFS**  
**ST3 7YQ. TELE:01782 330853**

**SUPPORTED BY ASICS**

