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Special thanks to our sponsors.



First aid will be provided by



## Northern Athletics 10 Mile Road Race



## Stockport Harriers & Athletic Club



**Sunday 7th December 2014. 10am.**  
**Woodbank Stadium, Woodbank Park, Stockport.**  
**[www.stk10.co.uk](http://www.stk10.co.uk)**

# Stockport 10 Mile Road Race

Run under UKA rules. Race licence -TBC

## DATE

- **Sunday 7th December 2014**  
Race starts at 10am.

## VENUE

- **Woodbank Stadium, Woodbank Park, Turncroft Lane, Offerton, Stockport.**

## VISIT our new website

- **[www.stk10.co.uk](http://www.stk10.co.uk)**  
for race entrylist and all race information.

## FACILITIES

- **Changing Rooms, Showers, Toilets, Bag Storage, Refreshments.**  
Hot food post race.

**Car Park near The Woodbank Community Centre, use postcode SK1 4BN**

## PRIZES

- **Individual**  
Top 10 male and female, including cash prizes of £100, £50 and £30 for first 3 men and women, in addition to Puma Faas running shoes for 1st man and woman

### Age category and vets

**1st place age category and vet only**

**Puma Faas running shoes to all age category and vet winners**  
**Category and vet age ranges – 25 to 65 for male and female**

### Team

**Prizes for first 3 men's and women's teams (3 to count)**

**In the event that a runner qualifies for both an individual and age category or vet prize, the higher value prize shall be presented**

### Many spot prizes

**Long sleeve technical t-shirt and our famous goody bag to all finishers**

Name: \_\_\_\_\_ M/F: \_\_\_\_\_

Age on race day (Min age - 17): \_\_\_\_\_ DoB: \_\_\_\_\_

Affiliated Club: \_\_\_\_\_

UK Athletics No: (req if affiliated) \_\_\_\_\_

Eligible for Northern Athletics (Y/N) \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: (to receive your result by text) \_\_\_\_\_

Email: \_\_\_\_\_

**Entry details:** Affiliated £16. Unaffiliated £18. Race limit 1500.

### Please return form to

Alan Dilkes, 23 Poleacre Lane, Woodley, Stockport, Cheshire, SK6 1PH.

**Cheques payable** to Stockport Harriers & AC.

**Closing date for entries** - 1st Nov 2014 or earlier if race limit reached.

**Collect race numbers and timing chips on race day. No entries on the day.**

**No number swaps after 30th November.**

**Cancellation policy** - In common with the vast majority of races we do not offer refunds or deferrals.

**Headphones** - As per Northern Athletics rules and for health and safety reasons iPods, MP3 players or equivalents will not be allowed in this race. Any runner seen contravening this rule will be immediately disqualified.

I declare that i am medically fit to run and understand that the race organisers or the sponsors of this race will not be held responsible for personal damage, loss or injury incurred before, during or after the race. I am an amateur as defined by the UK Athletics rules.

Signed: \_\_\_\_\_ Date: / / Fee: £ \_\_\_\_\_