

# RUFFORD 10K

Organised by Newburgh Nomads Running Club

## ON SUNDAY 7<sup>th</sup> SEPT 2008

Held under ARC Rules. Permit No.ARC08/147

RACE START TIME: 11.00 a.m.

Assisted by:



CHORLEY

01257 269814

MAIL ORDER 020 8758 0044

An ARC Certified, very flat, very fast course on quiet roads  
Start and finish at Rufford C.E. School, Flash Lane, Rufford, Nr. Ormskirk (see map)

Parking, Changing and Toilets available.

### PRIZES

1<sup>st</sup> 6 Men, 1<sup>st</sup> 2 V40, 1<sup>st</sup> V45, 1<sup>st</sup> V50, 1<sup>st</sup> V55,

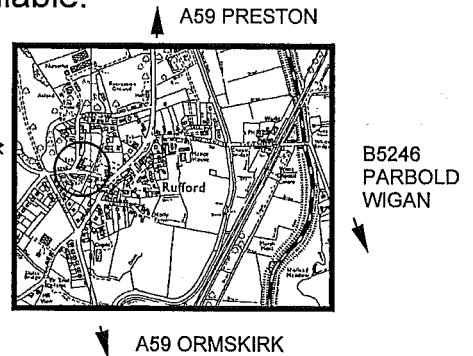
1<sup>st</sup> V60, 1<sup>st</sup> V65

1<sup>st</sup> 3 Women, 1<sup>st</sup> V35, 1<sup>st</sup> V40, 1<sup>st</sup> V45, 1<sup>st</sup> V50, 1<sup>st</sup> V55

Teams 1<sup>st</sup> 2 men's (4 to count), 1<sup>st</sup> women's (3 to count)

Entry fees: UKA/ARC Clubs £5.00 U/A £7.00

Entry on day +£1.00



**COMPUTERISED RESULT SERVICE ON THE DAY**



Send Entries and S.A.E. to A. Brookfield, 29 Greetby Hill, Ormskirk L39 2DF

Please enclose payment. Payable to Newburgh Nomads R C

LAST (SURNAME)   
FIRST NAME

MALE/FEMALE  M/F

FULL POSTAL ADDRESS   
TOWN   
COUNTY   
POSTCODE

NOEAA Membership No.

TELEPHONE NO.

AGE ON DAY OF RACE  DATE OF BIRTH     
Day Month Year

BAF AFFILIATED CLUB

### DECLARATION

I declare that I am an amateur as defined by ARC Rules and will be 15 or over on September 7th 2008. I am medically fit to run and will not hold the organisers or their representatives responsible for any injury, loss or damage to my person or property however caused.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

From [www.race-results.co.uk](http://www.race-results.co.uk)