



Accrington Road Runners Present: The Accrington 10k

T-shirts to ALL Finishers

Fast Accurately Measured Course
(not suitable for wheelchairs)

Under UKA Rules - Licence No. applied

Changing facilities (sorry no showers)

Food & snacks for sale in clubhouse

Prizes: 1st 6 Men 1st 6 Ladies
1st Vet Male 40/45/50/55/60/ +
1st Vet Lady 35/40/45/50/55/ +
1st Team M/F
1st Junior (under 19 yrs) M/F
Spot prizes

Entry Fees: £7 Affiliated Athletes
£9 Un-attached
£1.50 Extra on the day
£1 optional charity donation*

Cheques payable to 'Accrington Road Runners'
Closing date for postal entries 23rd Oct 2010.
On line entries an additional £1 (via John Schofield website)

10am Sunday 31st October 2010

Start 10am, Burnley Rd outside Whitakers Arms

pub. Registration from 8am at race HQ Accrington Cricket Club, Thorneyholme Rd, Accrington (Off Queens Rd, near to Accrington Victoria Hospital - continue down Thorneyholme Road and follow the short dirt track to the Cricket Club)

SAT NAV users - use postcode BB5 5BB

Accrington 10k is kindly supported by:



Tony Bolton Sports

Please detach along dotted line

Please include an A4 stamped SAE

**Entries to: Paul Jackson, 60 Charles St,
Clayton-le-moors, Accrington. Lancs.
BB5 5PS**

Name _____ Age on day of race _____

Address _____ Date of Birth _____

Minimum age on day of race - 15 years

Postcode _____ Tel _____ Male / Female

(Please delete)

Email address _____

Athletic Club _____

Declaration

I understand that I am entering entirely at my own risk and will not hold the organisers responsible for any injury or loss suffered as a result of my participation.

Leave Blank

Signed _____ Date _____