



## City of Sheffield Athletic Club



([www.sheffieldathletics.co.uk](http://www.sheffieldathletics.co.uk))

Under U.K.A rules (Licence Number 2009-100424 )

# Century Plastics Rother Valley 10K

On Saturday 15<sup>th</sup> May 2010 at 12 noon – Fun Run at 11am

In ROTHER VALLEY COUNTRY PARK, WALES, NEAR SHEFFIELD

FLAT FAST AND TRAFFIC FREE

## CHIP TIMING

**Extensive Prize List in all Categories**

**Memento for all Finishers**

Entry 10K - £11 Affiliated / £13 Unattached (UKA levy) / Fun Run £5.00

Entries on Day £1 extra

Closing Date 8<sup>th</sup> May 2010

Race information Helen Elleker 07527372922

Sponsored by:



### OFFICIAL ENTRY FOR (may be photocopied)

Tick as appropriate

10km

☐

Fun Run

☐

Estimated time for 10km

Surname (block capitals).....

First name.....

Address.....

Club name if affiliated.....

.....

UK Registration No.....

Post code .....

Age on race day.....

Contact Phone No.....

Sex: Male / Female.....

Enclosed cheque for £.....

E mail address.....

#### DECLARATION

I wish to enter the Rother Valley 10km road race and hereby declare that I am an amateur as defined by U.K.A laws and certify that I am medically fit to run. Furthermore, I agree that the organisers will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event

Minimum age for 10k 15 years old on day of race

Signed \_\_\_\_\_

Date \_\_\_\_\_

Cheques payable to City of Sheffield AC



[www.keep-on-running.co.uk](http://www.keep-on-running.co.uk)  
[www.centuryplastics.co.uk](http://www.centuryplastics.co.uk)

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

