



**THE DERBY
RUNNER**



***BIRSTALL
RUNNING CLUB
SWITHLAND 10K***

**SUNDAY 6th JUNE 2010
10.30 a.m.**

**Halstead Road Playing Fields,
Mountsorrel, Leicester, LE12 7HE**

- * Similar Route to the old Swithland 6 but now a 10k**
- * Start and Finish different to last year and hoping for better weather!**

ENTRY FORM

LAST NAME..... FIRST NAME.....

ADDRESS.....

.....

SEX - M/F DATE OF BIRTH.....

TEL..... MOBILE.....

EMAIL.....

RUNNING CLUB.....

DECLARATION: I am an amateur under UKA rules and over 15 years on 6th June 2010. I am medically fit to run in this event and hereby accept that the organisers will not be liable for any injury or illness incurred to my person or any loss or damage to property at this event.

Signed..... Date.....

ENTRY FEE (Tick) £8 Affiliated £10 Non Affiliated

(Entries on the day £2 extra)

Send to: Race Entries, 45 Church Street, Thurmaston,
Leicester LE4 8DQ.

Please enclose SAE for race numbers. Can you take special care to make sure that you put the right amount of postage for the size of envelope. For administration reasons, entries before 30th May would be appreciated, numbers will not be sent out after that date and must be collected on the day. The race organisers reserve the right to close the entries if the maximum of 600 entries are received prior to race day.

Cheques payable to 'Birstall Running Club'

Web site www.birstallrc.org.uk for more details.

ONE LAP COURSE * QUIET RURAL ROADS * FIRST AID AND PARAMEDIC * LEAD CAR * UKA RULES Permit applied for.

Changing rooms available with limited showers and toilets.

Refreshments - Tea, coffee etc.

Very limited parking on car park but extra parking will be available on the field if not waterlogged. If using nearby roads please park with respect.

The course uses the very popular Swithland 6 route with a little extra. Please be aware that there are potholes on Kinchley Lane, immediately after the reservoir at two miles, and extreme care is needed. The start is on Walton Way/Halstead road about 600 metres from the changing rooms. The finish is also on Walton Way/Halstead Road.

PRIZES - 1st man and 1st woman - £100, 2nd - £50, 3rd - £30

1st V40/50/60/70 man and 1st V40/50/60/70 woman - £20

1st men's team (4 to count) and 1st women's team (3 to count)

1st Woman - Di Jackson Memorial Shield
Memento for every finisher

Any runner who finishes in a position that qualifies for more than one individual prize, shall be allowed to select only one of these prizes (excepting for the Di Jackson Memorial Shield, and Team prizes)

Any junior runner entering, must be a member of an Affiliated Club which has a safeguarding policy, and that has a Club Officer holding a current Athletics CRB Certificate present at the race.

If you are thinking of running this race but don't belong to a club, why not join us at Birstall RC on a Monday 6.15pm and Friday 6.45pm for our training sessions. Ages over 15.

See web site for details - www.birstallrc.org.uk

