



# Waitrose

## WELLINGBOROUGH 5 MILE ROAD RACE

SUNDAY 1st AUGUST 2010 – **10.30 am**

OLD GRAMMARIANS SPORTS FIELD

SYWELL ROAD WELLINGBOROUGH NN8 6BS

Part of the Northamptonshire Road Race League



Permit applied for

### 2010 CHARITY:



**Support group helping families with individuals affected by Down's Syndrome.**

Closing date for postal entries Thursday 22<sup>nd</sup> July

**Race fee affiliated £10, unaffiliated £12**

Entries through Runners World

Entries available on the day until 10am

Course officially measured/ Race permit applied for

Race entry limit 500, minimum age 15 on the day

Parking / Course marshalled / First aid cover

Ample changing facilities with showers

**Cake and tea stall and licensed bar**

- Approx 1 mile fun run within the sports field grounds, entry on day no age limits (fee £1)

### IN ASSOCIATION WITH:



Borough Council of  
**Wellingborough**

- Start Sywell Road Wellingborough – 10 minutes walk from HQ / Finish on the sports field
- Mildly undulating fast course on country roads
- Individual Prizes:  
1<sup>st</sup> three in all categories  
Senior men, vet 40, 50 & 60  
Senior female, vet 35, 45 & 55  
**Winners will be given the trophy for the age category in which they run.**
- Team prizes:  
1<sup>st</sup> & 2<sup>nd</sup> teams  
Males 1<sup>st</sup> first team of 4 adding finishing positions  
Females 1<sup>st</sup> first team of 3 as above.

Team trophy for the 1<sup>st</sup> non-running club team of 4, teams to be declared prior to start of race

**Goody bag, Technical T shirt preferred size: S / M / L / XL / XXL (circle)**

### WELLINGBOROUGH & DISTRICT AC

PLEASE COMPLETE IN BLOCK CAPITALS

Surname \_\_\_\_\_ Gender \_\_\_\_\_ D.O.B \_\_\_\_\_

Forename \_\_\_\_\_ Club \_\_\_\_\_

England Athletics Registration Number \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Age on 01/08/2010 \_\_\_\_\_

Best Contact Number / e-mail address \_\_\_\_\_

Please enter me for the race. I agree to run under U.K.A rules and I accept that the race directors decision is final. I accept that the organisers shall not be liable for accidents, loss or damage as a consequence of my participation in the event.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Fee enclosed £ \_\_\_\_\_ (£2 extra on day)(cheque – W&DAC)

**Postal entries: No S.A.E required,(collect number on day) to:**

**Race Director, Graham Bayes, 43 Holmes Avenue, Raunds, NN9 6SZ.**

In event of the race having to be cancelled through no fault of our own every effort will be made to refund entry fees minus our unavoidable costs

\*\*\*\*\*PLEASE NOTE **10.30am** START\*\*\*\*\*