

ROADHOGGS LEICESTER AC presents:

# the 3<sup>rd</sup> GLOOSTON 10k

An OPEN ROAD RACE of 10 KILOMETRES

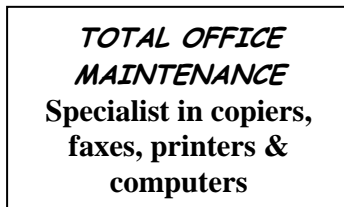
ARC permit 09/94



Saturday 20<sup>th</sup> June 2009 at 6.00 pm

from The Old Barn Inn, Glooston

Supported by:



*A scenic countryside run around 2 laps, fully measured and marked.  
Paramedics will be in attendance.*

- PRIZES:** First 3 men, next male vet  
 First 3 ladies, next lady vet  
 Mixed team trophy (2 men, 2 ladies)  
 Cash Bonus for a new course record (Garry Payne 34.19, Tara Kryzwicki 36.27)

## EVENT SOUVENIR TO ALL FINISHERS

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### THE GLOOSTON 10k 2009 - ENTRY FORM

**Surname:** \_\_\_\_\_ **First name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_ **Phone:** \_\_\_\_\_

**Club name:** \_\_\_\_\_ **tick if 2<sup>nd</sup> claim:** \_\_\_\_\_

**Sex M/F:** \_\_\_\_\_ **Age on 20/06/09:** \_\_\_\_\_ **email:** \_\_\_\_\_

**DECLARATION:** I am an amateur under UKA rules and aged over 18. I am medically fit to run and will not hold the organisers responsible for any injury, illness, loss or damage caused by my participation in this event.

**Entry fee £6 (£8 unattached). Entries on the day - £2 extra**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**ENTER BY POST:** send with LARGE stamped and self-addressed envelope and cheque payable to Roadhogs Leicester AC to: **Adrian Blyth, 47 Kings Drive, Leicester Forest East, Leicester, LE3 3JD**

**ENTER ONLINE:** log on to: [www.runnersworld.co.uk/events](http://www.runnersworld.co.uk/events)

**ENQUIRIES:** Dave Lodwick 0116 270 4522 or email [support@roadhogs.org.uk](mailto:support@roadhogs.org.uk) [www.roadhogs.org.uk](http://www.roadhogs.org.uk)