

ROADHOGGS LEICESTER AC presents:

the 4th GLOOSTON 10k

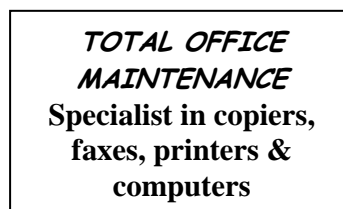
An OPEN ROAD RACE of 10 KILOMETRES

ARC permit applied for



Saturday 19th June 2010 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, Gemma Steel 36.10)

EVENT SOUVENIR TO ALL FINISHERS

THE GLOOSTON 10k 2010 - ENTRY FORM

Surname: _____ First name: _____

Address: _____

Phone: _____

Club name: _____ tick if 2nd claim: _____

Sex M/F: _____ Age on 19/06/10: _____ email: _____

DECLARATION: I am an amateur under UKA rules and aged over 16 (for a runner under the age of 18, the signature of a parent or guardian is required). 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

ENQUIRIES: Dave Lodwick 0116 270 4522 or email support@roadhogs.org.uk www.roadhogs.org.uk