

LORDSHILL ROAD RUNNERS SOUTHAMPTON



10 MILE ROAD RACE

(under UK Athletic Rules)

Permit applied for

A HAMPSHIRE ROAD RACE LEAGUE EVENT

SUNDAY 1st NOVEMBER 2009 - 10.00am

Start and Finish at Lordshill Outdoor Recreation Centre, Redbridge Lane, SOUTHAMPTON

* MEMENTO FOR ALL FINISHERS

PRIZES FOR:

OVERALL MEN: 1st, 2nd, 3rd and 1st in Categories: Senior, V40, V50, V60+
OVERALL WOMEN: 1st, 2nd, 3rd and 1st in Categories: Senior, V35, V45, V55+
TEAM: 1st Men's (4 to score) and 1st Women's (3 to score)

Results will be available on our website www.lordshillroadrunners.org.uk



Why not run this race in aid of
Wessex Heartbeat?

Sponsorship forms at www.lordshillroadrunners.org.uk

*ENTRY FEE £9.00 Affiliated Club Runners £11.00 Unattached Runners

*ENTRIES ON THE DAY AT OUTDOOR REC. £12.00

*ENTRY LIMIT 500 *CLOSING DATE 21/10/09

The course is unsuitable for wheelchair entrants

Race numbers not transferable Safety Note - no Earphones/ipods etc.

Supported by:
MARCH SPORTS
SOUTHAMPTON
www.marchsports.co.uk

Complete and return form below with
cheque payable to "LORDSHILL ROAD RUNNERS" to:-
Race Secretary, 95 Highfield Lane, Southampton, SO17 1NN

The Samaritans

SHOULD THE RACE BE CANCELLED DUE TO EVENTS OUTSIDE OUR CONTROL, A REFUND WILL NOT BE MADE, RACE RECEIPTS AFTER DEDUCTING EXPENSES WILL BE DONATED TO CHARITY.

COMPLETE IN BLOCK CAPITALS

LORDSHILL 10 2009

SURNAME: _____ FIRST NAME: _____

ADDRESS: _____

POST CODE: _____

TELEPHONE: _____ EMAIL: _____

DATE OF BIRTH: _____ AGE ON RACE DAY: _____ SEX: (M/F) _____

CLUB/UNATTACHED : _____ ANTICIPATED FINISH TIME : _____

I declare that I am an amateur as defined by the UK Athletics rules and will abide by those rules and will be over 17 on 1st November 2009. I hereby agree that the organisers shall not be liable for any accidents, injury, loss or damage incurred during or as a consequence of my participation in this race. I will comply with all instructions given by the race marshals and police.

Data Protection Act - By submitting this entry, I agree that the organisers may store my entry details and results on computer disc for the purpose of event administration.

SIGNATURE: _____ DATE: _____