



**Alton Runners and Alton Lions
Present the 27th**



Alton "TEN"

A Ten Mile Road Race

Sunday 9th May 2010, at 10.30am

A Hampshire Road Race League Event

Run under UKA rules

Supported by Charters of Alton & Alton Sports



Start at Eggars School, Holybourne – on the Eastern edge of Alton.
The course follows almost the same route as for the past few years – through beautiful village and countryside lanes.
The course is not suitable for wheelchair athletes.

Trophies to first senior man and woman and first vet man and woman in 3 age categories

Special medals to first three in the following categories: and winner in these categories
Men: Senior Vet 40 Vet 50 Vet 60 Vet 65 Vet 70
Women: Senior Vet 35 Vet 45 Vet 55 Vet 60
Trophies to First Men's & Women's Teams
Winner of age-graded category: case of beer.

Entry fees: £8.00 UKA attached • £10.00 unattached. £2.00 surcharge for entries on the day.

Please send entry form and fee to:

Alton Road Race, 8 Vaughans, Alton, Hants GU34 2SQ

Closing date: 24th April 2010.

Cheques payable to Alton Road Race. No SAE necessary.

For any entries received after the cut-off date (25th April) numbers will not be posted to participants but must be collected from the late entries desk where the late entry fee will be payable.

(Results will be posted on www.altonrunners.org)

Email address for queries: dave.crocker@btinternet.com



ALTON 10 ENTRY FORM

Surname:

First Name: Date of Birth:

Address:

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UKA Affiliated Club: Or Team

Telephone Number: Age on Race Day Sex M Sex F

(Must be 17 or over)

Email:

DECLARATION: Please enter me for the Alton 10 for which I enclose the appropriate fee. I agree to abide by the Rules. I understand that I enter the event at my own risk and that the organisers, appointed Officials and Sponsors shall not be liable for any loss, injury or damage sustained in connection with the event.

Please make cheque payable to: **ALTON ROAD RACE** and send to **8 Vaughans, Alton, Hampshire GU34 2SQ**

Signature of Entrant: Date: