

LORDSHILL ROAD RUNNERS SOUTHAMPTON



10 MILE ROAD RACE

(under UK Athletic Rules)

Permit applied for

A HAMPSHIRE ROAD RACE LEAGUE EVENT

SUNDAY 7th NOVEMBER 2010 - 10.00 am

Race HQ., parking and late entries at Oasis Academy (formerly Oaklands), Fairisle Road,
Lordshill, Southampton, SO16 8BY

*** MEMENTO FOR ALL FINISHERS**

PRIZES FOR:

OVERALL MEN: 1st, 2nd, 3rd and 1st in Categories: Senior, V40, V50, V60, V70+
OVERALL WOMEN: 1st, 2nd, 3rd and 1st in Categories: Senior, V35, V45, V55, V65+
TEAM: 1st Men's (4 to score) and 1st Women's (3 to score)

Entry Forms and Race Results available on our website
www.lordshillroadrunners.org.uk

ENTRY LIMIT 500

CLOSING DATE 27th OCTOBER 2010

Safety Note - Earphones/iPods prohibited

The course is not suitable for wheelchair entrants

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

Entry on the day £2.00 extra

THE LATE ENTRIES DESK WILL CLOSE AT 9.40am



A donation will be made from the proceeds of the race to Wessex Heartbeat

**Complete and return form below with cheque payable to "LORDSHILL ROAD RUNNERS" to:
Race Secretary, 95 Highfield Lane, Highfield, Southampton, SO17 1NN
Email lordshillraces@hotmail.co.uk**

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 10M 7th November 2010

SURNAME: _____ **FIRST NAME:** _____

ADDRESS: _____

_____ **POST CODE:** _____

DATE OF BIRTH: _____ **SEX: (M/F)** _____

CLUB/UNATTACHED : _____

Contact Details: Phone: _____ **Email:** _____

I declare that I am an amateur as defined by the UK Athletics rules and will abide by those rules and will be over 15 on 7th November 2010. 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 for the purpose of event administration.

SIGNATURE: _____ **DATE:** _____