



Scunthorpe and District AC Annual 10K Road Race 7.00 p.m. Friday 9th July 2010

Practical assistance from Scunthorpe Rotary Club members

Sponsored by Intersport



To be held at Brumby Hall Ashby Road Scunthorpe

Course Measurement Certificate

Race Licence no.2010-0224

Race limit 300

- Memento to all finishers
- Spot Prizes
- Prizes to first 3 females and first 3 males
- Individual prizes in all veteran categories
- Medals to first men and ladies teams (1st 3 to count)
- Extensive Free Parking
- Social Club, Changing and Shower Facilities
- Run under UKA rules
- Red Cross in attendance

Results will be printed on S&DAC website - www.scunthorpeathletics.com as soon as possible after race night.

Entry Fee unattached £9 - affiliated runners £7
Cheques payable to "Scunthorpe & District Running Club"
Closing date 6th July 2010 SAE (9 x 5) with entry please.
Entries to: Mrs. D. Bontoft, 2 Crakedale Road, Winterton, Scunthorpe, N. Lincs. DN15 9UT.
 Tel. 01724 732858
STRICTLY NO LATE ENTRIES

SCUNTHORPE AND DISTRICT A.C. 2010 10K ROAD RACE ENTRY FORM

SurnameForename.....

Address.....

.....Postcode.....Tel.....

Affiliated Club if applicableEA No.....

Male/ Female - Please delete Age on Race Day..... Lower age limit 17 on Race Day

Please confirm you are eligible to run for your Club. **YES/NO** Please delete

I hereby declare that I am an amateur as defined by UKA laws. I certify that I am medically fit to run the said event. Furthermore I agree that the organizers will in no way be responsible for any INJURY, LOSS or DAMAGE.

Signed Date from ukresults.net