

29th Lincolnshire Wolds 10 Mile
Saturday 3rd September 2011

Race start is at 11.00am, start is around 800 yards from Blacksmiths Arms.

Venue: **Blacksmiths Arms, Rothwell Lincolnshire LN7 6AZ,**
Refreshments available.

There are very limited changing facilities, so please come ready.

2 drinks stations on the route.

All miles accurately marked.

DO NOT PARK ON VILLAGE ROADS, USE INDICATED CAR PARKS

IF YOU HAVE A MEDICAL CONDITION, PLEASE WRITE THIS ON THE BACK OF YOUR NUMBER. WILL ALL RUNNERS PUT AN EMERGENCY NON RUNNING CONTACT NUMBER ON REAR OF NUMBER

Rothwell can be accessed off the main A46 Grimsby to Lincoln Road; it is signposted near Swallow, and also near Caistor. See race map.

From Louth/Boston areas take the A16, then A18, leave at sign marked Beelsby.

Entries will be taken on the day, but are **NOT** eligible for prizes, and will pay £1.00 extra. **ENTER BY 10.30AM**

Please present your race number after the race for your race T Shirt.

Cash prizes for most age groups. **£50 bonus** if male or female course records are broken. Presentation approximately 13.15

Team events are male 4 to count, female 3 to count.
Club vests must be worn to count for a team.

Only one prize per competitor, excluding team prizes.

Numbers must be worn on the front, and they must not be cut or folded.

Entries on the day will NOT be eligible for prizes.

Results will be at www.woldsvets.co.uk on Saturday evening.