



# WOLDS VETERAN RUNNERS CLUB

PRESENT  
THE 29<sup>th</sup> ANNUAL



## LINCOLNSHIRE WOLDS 10 MILE

Known as the "Tough Ten" Road Race.

Run over a scenic and undulating country course.

CASH PRIZES IN ALL AGE GROUPS

**\*\*£50 BONUS IF MALE OR FEMALE BREAKS THE COURSE RECORD. MALE 50.41, FEMALE 61.56\*\***

**Saturday 3rd September 2011**

**11:00 A.M. Start**

Blacksmiths Arms, Rothwell, Lincs. LN7 6AZ  
(Off A46 between Grimsby-Caistor)

Refreshments available.

**LONG SLEEVED T SHIRT TO ALL FINISHERS**

UNDER U.K.ATHLETICS RULES; CERTIFIED ACCURATE COURSE  
LICENCE NUMBER : 5416

2 WATER STATIONS ON ROUTE

**NO WALKERS PLEASE, TIME LIMIT 2.HOURS 15 MINUTES, ALL SUPPORT WILL BE WITHDRAWN AFTER THIS TIME**

**ENTRY FEE: AFFILIATED £9, NON-AFFILIATED £11**

CHEQUES PAYABLE TO: WOLDS VETERAN R.C. Closing Date 25<sup>th</sup> August.

Minimum age is 16 years on day of race.

**ON-LINE ENTRY AT [www.ukresults.net](http://www.ukresults.net)**

POST TO: Steve Green 142 St Nicholas Drive, Grimsby, DN37 9RF.

TELEPHONE: 01472 310861 e-mail [stgreen@ntlworld.com](mailto:stgreen@ntlworld.com)

ENCLOSE CORRECT S.A.E. FOR RACE NUMBER AND INFORMATION. NORMAL ENVELOPE IS OK.  
(IF NO SAE ENCLOSED NO INFORMATION WILL BE SENT OUT AND YOU MUST COLLECT YOUR NUMBER ON THE DAY.)

VISIT OUR WEB SITE [www.woldsvets.co.uk](http://www.woldsvets.co.uk)

Course Records;  
John Clark, Grimsby Harriers 50.41. 1984  
Jane Weston (Nee Colebrook) Wolds Vets. 61.56. 1996

**If the event has to be cancelled, it will be rescheduled, there will be no refunds given.**

.....Detach Here.....

<b>**LINCOLNSHIRE WOLDS 10 MILE- 11:00AM START (Minimum age 16 years on day of race)**</b>			
FORENAME			
SURNAME			
SEX		D.O.B.	
ADDRESS			
EMAIL ADDRESS			
CLUB		PHONE NO.	
Licence number if any.		AMOUNT ENCLOSED	
Where did you get this form?			
I am medically fit to run and understand I have entered at my own risk. The organisers will not be held responsible for any injury, loss or illness however occurred, resulting from this event.			
SIGNED		DATE	Don't forget correct postage SAE.