

Hampshire Athletic Association

Hampshire 10k Road Race

Under UKA Rules - Course Certificate 04/069r

Monday 3rd May 2010

Start 11am at The Mountbatten Centre, Portsmouth

A new road race for 2010,

A fast, flat, two lap course starting and finishing on the athletic track at the Mountbatten Centre. Comprising an outward and return leg of the Stamshaw Promenade and a lap round the Hilsea Lido complex

The course is not suitable for wheelchairs

Medals to all finishers Computerised Results Accurate km markers

Digital Clock Excellent Changing Facilities Refreshments

Prize List

1st Three Men & 1st Three Women plus 1st W40, W50, W60, M40, M50 & M60
Prizes for 1st Men's & 1st Women's Team (3 to score)

Entry form for the 2010 Hampshire 10k Road Race

Information supplied on this Entry Form will only be used as permitted by the Data Protection Act

First Name _____ Surname _____ Male/Female _____

Address _____

Post Code _____ Date of Birth _____ Age on race day. _____

e-mail _____ Telephone No. _____

Athletic Club _____ Expected Finishing Time _____

Entry Fee £10 (Affiliated) £12 (Unattached)

Entries on the day of the event will be accepted at £11 (Affiliated), £13 (Unattached)

Entries to be made under the athletes 'First Claim' UKA affiliated club and posted with the entry fee to:

Alan Ive, 25 Manor Gardens, Southbourne, Emsworth, Hampshire PO10 8PA to arrive by 28 April 2010

Cheques to be made payable to Hampshire A.A. Entry Fees are not refundable.

I declare that I am medically fit to run and an amateur as defined by the rules governing this event.

I will abide by the UKA rules and will not hold the organisers or sponsors responsible for any injury, illness or accident to my person or loss of property resulting from my participation in this event.

Signature _____ Licence No (if applicable) _____ Date _____

If you prefer to enter on line you can do so at www.runnersworld.co.uk

