

CLOWNE

ROAD RUNNERS CLUB



Proudly present the
5th Annual



BARR Licence
Applied For

Larwood 10K

(incorporating the Three Counties 10K)



Sunday 9th May 2010 @ 11:00am

Plus 1.5K Fun Run @ 10:30am

Start and Finish at the Hewitt Arms, Shireoaks, S81 8LT

Scenic rural route through small local villages, the old three counties boundary and the Chesterfield Canal. Beautiful countryside and interesting things to see.

Held under MCAA & UK Athletic Rules: Measured Course, Bronze Grade (applied for).

Prizes awarded to:

- First Three Males
- First Three Females
- Spot Prizes

COMMEMORATIVE Technical T-SHIRT FOR ALL FINISHERS

- Entry Fee: Un-Affiliated £11.00
Affiliated £9.00
Fun Run £2.00

- Please Enclose 9" x 4" SAE (with correct postage) for race details
- Closing date for postal entries 30th April 2010
- Entries on the day (to 600 limit) are subject to a £2.00 surcharge
- Minimum Age for 10K is 16 years
- Official Photographers at the event



www.runner-photos.co.uk



ENTRY FORM

Please delete as appropriate: **Male / Female** **10K / Fun Run**

(complete clearly using BLOCK CAPITALS)

Surname:..... Address:.....
Forename:.....
Tel Number:.....
Date of Birth:...../...../.....
Age on Race Day:..... Postcode:.....
Affiliated Club:..... Membership No.:.....

T-Shirt Size Required: **Small Medium Large X-Large**
(please indicate size)

Declaration: I understand that the Larwood 10K, Fun Run and associates cannot be held responsible in any way for loss or injury to myself, or any other party, however arising or for any property lost or damaged.
I Declare that I am medically fit, and understand I enter this event at my own risk.
I will be over the age of 16 years old on race day for the 10K event.

Signed (entrant): **Parent/Guardian**.....
(also required if under 18 years of age)

Please find enclosed Cheque / PO for £..... Entry

Please make Cheques payable to Clowne Road Runners Club

Return completed entry form with payment and a 9" x 4" S.A.E (with correct postage) to:

Clowne Road Runners Club
Steve Hattersley
19 Oak Tree Road
Clowne
Chesterfield
Derbyshire
S43 4UN

Visit Clowne Road Runner website at www.clownerunners.org