

LANGTOFT 10K ROAD RUN & 3K FUN RUN (with School Teams Challenge)

www.langtoftroadrun.ik.com

Sunday 2nd May 2010

UKA Road Race Licence No.2010-100508

Road Run

10k (Course Accuracy Certificate No.NCAA/94/051/R)
Start: 11am

UKA members: £7.00
Non affiliated: £9.00

Late Entries: + £2.00
Last registration: 10.45am
All runners must be at least 17 years old

Medals to all finishers.

Cash prize for beating the current course record for male and female times - see website for details.

Results will be available on our website as soon as practically possible after the race or posted for 85p.

Fun Run

3k course
Start: 10.15am
Medal to all finishers

Under 16: £2.00 Adults: £3.00

Entries on the day: + £1.00

Children under 8 must be accompanied by an adult.

For School Teams Challenge details, please contact Race Secretary or see our website.

Entry Details

Road Run Estimated time

Fun Run

Surname.....

Forenames.....

Male..... Female.....

Age on race day.....

Address.....

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Phone no.....

UKA Club

Cheques made payable to: Langtoft Road Run

Please send this form with an A5 size SAE to:

Race Secretary, 53 Truesdale Gardens, Langtoft,
Peterborough, PE6 9QQ

Closing date for postal entries: 25th April 2010

PLEASE NOTE: DUE TO HEALTH & SAFETY
CONCERNS THE WEARING OF PERSONAL
HEADPHONES DURING THESE RACES IS BANNED.

Declaration: Please enter me for the Langtoft Road Run(held under UKA rules)/Langtoft Fun Run. I am an amateur (as defined by UKA) and am medically fit to run. I understand that I enter at my own risk and that the organisers cannot be held responsible for any injury or illness incurred on the day or as a result of the race. Also they will not be responsible for any property lost or damaged on the course, in the changing rooms or in the car parks.

Signed..... Date.....

If you will be under 16 on the day of the race then a parent/guardian must sign below.

Parent/guardian