

Accrington Road Runners Present: 23rd Accrington 10k

Dedicated to the memory of Maureen Hartley

T-shirts to ALL Finishers

Fast Accurately Measured Course
(not suitable for wheelchairs)

Under UKA Rules - Licence No. applied

Changing facilities (sorry no showers)

Food & snacks for sale in clubhouse

Prizes: 1st 6 Men 1st 6 Ladies
1st Vet Male 40/45/50/55/60/ +
1st Vet Lady 35/40/45/50/55/ +
1st Team M/F
1st Junior (under 19 yrs) M/F
Spot prizes

Entry Fees: £7 Affiliated Athletes
£9 Un-attached
£1.50 Extra on the day
£1 optional charity donation*

Cheques payable to Accrington Road Runners
Closing date for postal entries 19th Oct 2009.
On line entries an additional £1 (via John Schofield website)

Please detach along dotted line

Please include an A4 stamped SAE

**10am Sunday 25th
October 2009**

PLEASE NOTE New Race HQ for 2009!

Start 10am, Burnley Rd outside Whitakers Arms pub.
Registration from 8am at new race HQ Accrington Cricket Club,
Thorneyholme Rd, Accrington, BB5 5BD (Off Queens Rd, near
to Accrington Victoria Hospital - continue past last year's finish
and follow the short dirt track to the Cricket Club)

Accrington 10k is kindly supported by:

**Tony
Bolton
Sports**



**Entries to: David Graham, 11 Leyburn Close
Accrington, Lancs BB5 6SE Tel: 01254 390527
Email: davidgraham988@btinternet.com**

Name _____ Age on day of race _____

Address _____ Date of Birth _____

Minimum age on day of race - 15 years

Postcode _____ Tel _____ Male / Female
(Please delete)

Athletic Club _____

Declaration

I understand that I am entering entirely at my own risk and will not hold the organisers responsible for any injury or loss suffered as a result of my participation.

* In memory of our long time member Maureen, we invite you to donate £1 to the work of the Association for International Cancer Research (AICR) which funds projects all over the world. If you feel able to assist could you please add £1 to your entry fee and tick one of the alternative gift aid declarations below:

I want AICR to reclaim tax on my £1 donation. I am a UK taxpayer and pay an amount of income tax or capital gains tax at least equal to the tax reclaimed on my donation:

No, I am not a taxpayer.

Leave Blank

Signed _____ Date _____