

Telford Athletic Club Presents the 27<sup>th</sup> Annual

# TELFORD 10K Road Races

## SUNDAY 19<sup>th</sup> DECEMBER 2010



**Race 1. Elite Sub 40min. Start at 10.30am**

**Race 2. Masses 40 to 80min. Start at 11.15am**

(UNDER UK ATHLETICS RULES 'LICENCE APPLIED FOR')

**Venue: Telford Town Park, Spout Farm House. TF3 4AQ. (next to Ice Rink)**

Close to Telford Shopping Centre & M54 motorway Junction 5, 30 minutes west of Birmingham.

**Limit of 150 in Race 1 & 550 Race 2 – Please enter early as limit reached last year**

- **Fast & Flat, 2 Lap Course on traffic-free tarmac paths in Telford Town Park. Fastest Course in the Midlands. Records: Chris Davies 28m52s. Gemma Turtle 32m52s.**
- **Good finishers Medal available (optional).**
- **Accurate Certified Course (Cert SH033/09). Mile & 5k Markers & Digital Clock.**
- **Online entry available through Runnersworld.co.uk website (£1.50 extra)**
- **Results/Entry list/Free Photos on Brian Smiths website [www.dk10k.co.uk](http://www.dk10k.co.uk)**
- **Good Prizes to First 8 Men & 5 Women in Race 1.**  
(including £100 cash 1<sup>st</sup>, £60 2<sup>nd</sup>, £35 3<sup>rd</sup> both Male & Female plus course record prize)  
**!st three M40, !st in each of M45, M50, M55, M60, M65, M70. !st L40, L45, L50, L55, L60.**
- **All abilities welcome. No time limit (2009 last finisher was 73min 44sec).**
- **Free Car Parking on the large Randlay Avenue Car Park**  
Other Town Park, Shopping Centre (£1 day charge), & multi-storey car parks available.

**Entry Fee: UKA Club Members only £6. All others £8. Payable to 'Telford AC'.**

**Reduce Entry fee by £1 if medal not required (£5 Club / £7 others).**

**Entry is subject to limit being reached. No entries accepted on raceday.**

All postal entries **must** enclose an 9" x 6" A5 MAX Stamped Addressed Envelope with standard stamp for race number & info. (Envelopes bigger than 9" x 6" require a 'Large' value stamp)

E.mail queries to Dave Mansbridge at; [mansbrid@yahoo.co.uk](mailto:mansbrid@yahoo.co.uk)

**Post to: Telford AC, 16 Plant Close, Dawley Bank, Telford, Shropshire. TF4 2GT.**

**TELFORD 10Km ENTRY FORM** (Please tear at line above. **Please do not use staples**)

**Race entered:** Sub 40min approx Race 1 / Masses Race 2 (delete as appropriate)

Please give best time or estimated time for Race 1 entry \_\_\_\_\_ min \_\_\_\_\_ sec

First Name:

Surname:

Address:

Post Code:

Telephone No:

E-Mail Address (If Any):

Male/Female:

Age on Raceday:

UKA Affiliated Club Name & Reg No. (If Any):

**Medal required: Yes / No** (Reduce Entry fee by £1 if medal not required)

*All entrants must be over 15 years of age. I understand that I am an amateur as defined by UK Athletics & MCAA rules. I am medically fit to take part and I accept that the organisers will not be held responsible for any loss, damage, illness or injury, directly or indirectly as a result of taking part in this event.*

Signed.

Date:

I enclose an SAE & cheque payable to Telford AC to the value of £

Further information on [www.telfordathleticclub.co.uk](http://www.telfordathleticclub.co.uk)

