

32nd ANNUAL FRENCHAY 10k ROAD RACE

www.frenchay10k.co.uk
(Under ARC Rules)
Permit Applied For

Sponsored by Davis Wood (Solicitors)
Sunday 15th April 2012 at 11:00 am.

This race will start promptly at 11:00 a.m. from the UWE Glenside Campus, Blackberry Hill, Stapleton, Bristol, BS16 1DD.

The course is scenic and undulating and comprises a start in the grounds and then onto Blackberry Hill, Snuff Mills, Frome Valley, Frenchay Common, Frenchay Park Road, Broom Hill and returning to the grounds to finish. The course is unsuitable for wheelchairs.

Changing facilities are limited within the grounds. Please follow directions for changing, parking and race HQ.

A map of the grounds and course will be sent to all runners in the race packs. Refreshments & snacks will be available in the UWE Students Centre.

Chip timing by Race Timing Systems Ltd

PRIZE LIST	<i>1st three Senior Men</i>	<i>1st three Senior Ladies</i>
	<i>1st three Veteran Men</i>	<i>1st three Veteran Ladies</i>
	<i>1st Super Veteran Male</i>	<i>1st Super Veteran Female</i>
	<i>1st Junior Male</i>	<i>1st Junior Female</i>

COMMEMORATIVE MUGS FOR ALL FINISHERS

Please be aware that due to the increase in the number of runners in recent years it may be necessary to declare a maximum number of entries

Entry Fees

Affiliated.....	£10.00
Unattached.....	£12.00
Juniors (under 17).....	£5.00
Entries on the day (All Categories).....	£15.00

Postal Entries Close: April 7th 2012

Entries to:- The Treasurer - Chris Green
77 Oakdale Road, Downend, Bristol. BS16 6EA
Please ensure you enclose a stamped addressed envelope
nb. SAE to be LARGE letter size and stamped accordingly

WEB ENTRY FORM

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10k ROAD RACE**
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from

UWE Glenside Campus, Blackberry Hill,
Stapleton, Bristol, BS16 1DD.

BLOCK CAPITALS PLEASE (Delete as applicable)			
SURNAME			
FORENAME		2 ND INITIAL	
ADDRESS			
EVENING TEL No.			
SEX	MALE/FEMALE	ARC AFFILIATED	YES/NO
NAME OF CLUB			
DATE OF BIRTH		AGE ON DAY OF RACE	

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Juniors (under 17).....	£5.00
Entries on the day (All Categories).....	£15.00

Cheques and Postal orders payable to: **Frenchay 10k Charity Run.**
Sponsorship forms in support our charities will be sent with your race no.
Entries which **must** include SAE should be addressed to:

**The Treasurer, Chris Green 77 Oakdale Road, Downend,
Bristol, BS16 6EA.**

nb. SAE to be **LARGE** letter size and stamped accordingly.

*I declare that I am an amateur as defined by the UK Athletics/ARC rules.
I will abide by the UK Athletics/ARC laws and rules. I understand that the organisers of the event will not be held liable for any injury or illness however occasioned resulting from the event.*

Signed

Date