

Telford Athletic Club Presents the 26th Annual

TELFORD 10K Road Races

SUNDAY 20th DECEMBER 2009



Race 1. Elite Sub 40min. Start at 10.30am
Race 2. Masses 40 to 80min. Start at 11.15am

(UNDER UK ATHLETICS & MCAA RULES & PERMIT)

Venue: Telford Ice Rink, next to Telford Shopping Centre & M54 Junction 5.
Limit of 130 Race 1 & 500 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. Amanda Wright 33m44s.
- **Good finishers Medal available.**
- **Accurate Certified Course** (Cert SH033/08). **Mile & 5k Markers & Digital Clock.**
- **Showers, Toilets & Changing Facilities at rear of Ice Rink.**
- **Online entry available through Runnersworld.co.uk website (£1.50 extra)**
- **Results etc on websites www.dk10k.co.uk & www.telfordathleticclub.co.uk**
- **Good Prizes to First 8 Men & 5 Women in Race 1 only.**
(including £100 cash 1st, £60 2nd, £35 3rd Male & Female etc, plus course record prize)
Other Masters Prizes outside of above based on combination of Race 1 and 2.
!st 3 M40, !st in each of M45, M50, M55, M60, M65, M70. !st L35, L40, L45, L50, L55, L60.
- **All abilities welcome. No time limit (2008 last finisher was 78min 14sec).**
- **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: AAA 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 9"x6" A5 MAX Stamped Addressed Envelope with standard stamp for race number & information. (Larger A4 Envelopes require a **LARGE** value Stamp)

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 40 Race 1 / Masses Race 2

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:

AAA Affiliated Club Name (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 £