

# Accrington Road Runners present Accrington 10K



@accrington10K



Accrington Road Runners

## 10am Sunday 29th October 2017

Sponsored by

**Gaskell Motor Bodies**  
ACCIDENT REPAIR CENTRE

**Prizes** £100 Cash prize for 1st male & 1st female

- 1st 6 Male & 6 Female
- 1st Team M/F
- 1st Vet male 40/45/50/55/60/+
- 1st Vet female 35/40/45/50/55/60/+
- 1st Junior (under 19 yrs) M/F

**Other info**

- Fast accurately measured certificated course (sorry not suitable for wheelchairs), certificate number No. TBC
- Under UKA Rules - Licence no. (applied for)
- Snacks and drinks on sale in the pub
- Buffs and goodie bags for all finishers



**PLEASE NOTE**

In the interest of safety, wearing headphones or any other listening devices is strictly forbidden during the race. Any runner violating this rule will be disqualified.

### 2017 NEW START

**Start (10am) and Finish, Altham Industrial estate**

Registration from 8am at race HQ, Walton Arms Pub, Burnley Rd, Altham, Accrington BB5 5UL - By moving the start & finish to Altham Business Park it will improve parking tremendously, eliminate the need for the road closure of Burnley Road, and will increase safety. Chip timing and a junior race will also be an additional feature on the day! The route itself will remain largely unchanged, but having a downhill finish will also make it more fun.

**Fees**

**£12 Affiliated Athletes £14 Unattached  
£2 Extra on race day**

Cheques payable to 'Accrington Road Runners'. Closing date for postal entries 24th October 2017. Entries received after this date will require entrants to collect race numbers and info from REGISTRATION on race day. On-line entries via [bookitzone.com](http://bookitzone.com)

**All proceeds of the race will go to East Lancashire Hospice.**



**Supported by Tony Bolton Sports**  
[www.tonyboltonsports.co.uk](http://www.tonyboltonsports.co.uk)

Accessories, drinks bottles, gloves, hats, jackets, shorts, socks, tights/tracksters, training tops



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**Important - competitors are requested to complete the medical information form on the reverse of their race number**

**9" x 6" SAE required with postal entries**

**Entries to: Race Director, 12 Singleton Ave, Read, Nr Burnley, Lancs BB12 7PJ**

Tel 01282 771502 or [runbunrun@hotmail.com](mailto:runbunrun@hotmail.com) (essential enquiries only please!)

Name \_\_\_\_\_

Age on race day \_\_\_\_\_

Address \_\_\_\_\_

Date of birth \_\_\_\_\_

Minimum age on race day - 15 years

Postcode \_\_\_\_\_ Tel \_\_\_\_\_

Email address \_\_\_\_\_

Athletic club \_\_\_\_\_

**Home country governing body competition registration No.**

Declaration: I understand that I am entering entirely at my own risk and will not hold the organisers responsible for any injury or loss as a result of my participation. For entrants under the age of 18 years on the race day, a parent or guardian signature of consent is required. Please indicate if you are a parent or guardian.

**Male/female**  
(Please delete)

We are advised on safety grounds, that the course is unsuitable for wheelchair athletes. However, we, the organisers, would be pleased to try and accommodate any special needs or requirements - provided the organisers are notified well in advance - see contact number above.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Leave blank**