ASKERN DISTRICT RUNNING CLUB

presents the

Sentry Doors Limited

License No. **TBD** Course Measurement Certificate No. **08/024**

ASKERN 10K

Wednesday 16th May 2012 at 7.00pm

(Under UKA Rules)

EXTENSIVE CASH PRIZE LIST + T-SHIRTS to all finishers

£100 Bonus for Male/Female Course records

(Course records – Male - C. Parkes 29:36 1996, Female - J. Clarke 34:33 1988)

Also 1st Female and Male Teams prizes

Veteran prizes M40+ & F35+ in 5 year age categories according to entries

Entrants must be 15 years or older on the 16th May 2012

ENTRY FEES: ASKERN 10K £8.00 Affiliated UKA Clubs
£10.00 Unattached Runners (Includes £2.00 UKA levy)

Please enter early as entries on the day surcharged by £2.00, i.e. £10.00 and £12.00 and will **NOT** qualify for prizes.

All cheques & PO payable to ASKERN DISTRICT RUNNING CLUB.

Entries, including a 9" x 5" SAE, for your race number and confirmation sheet, to:
The ASKERN 10K, 43 Jossey Lane, Scawthorpe, Doncaster, DN5 9DB. Closing date for entries: **9th May 2012**
(Individuals will not be allowed to take more than one prize, except for team prize.)

Askern Miners Welfare Club
Refreshments on sale during and after the race.
Presentations in the Club after the race.

First Aid cover provided by the St. John Ambulance Brigade

Please complete this section in CLEAR BLOCK CAPITALS.

SURNAME: _____ FORENAMES: _____
ADDRESS: _____ TELEPHONE NO.: _____
_____
_____ Club name: _____
POSTCODE: _____ UKA membership no.: _____

Age on race day: _____ Date of Birth: _____ Sex (M/F): _____ Entry fee sent: _____

I certify that I am medically fit enough to run the said event, furthermore I agree that the ORGANISERS will in no way be held responsible for any LOSS, DAMAGE or INJURIES to myself or my belongings - BEFORE, DURING or AFTER the said event.

SIGNED: _____ DATE: _____

from ukresults.net