



**Sandbach Striders Running Club**  
**10K & Family Fun Run**  
**Sunday 17 October 2010 -11.00am**



**Under UKA Rules – 2010-101038**  
**Race limit 180 - minimum age 16 years**

**Entries on the day subject to race limit at £2 surcharge**  
**10K multi-terrain race**

**Half (approx) mile family fun run starts (10.20am)**

**RACE H.Q. ELWORTH CRICKET CLUB, ELWORTH, SANDBACH**

**Drinks station, Changing and showers, On-line Results.**

**Prizes to 1st three males and females**

**Individual prizes in all vets categories**

**Prizes to 1<sup>st</sup> Sandbach residents (male and female)**

**(one prize only per person)**

## **ENTRY FORM**

**First Name:** \_\_\_\_\_ **Surname:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_ **Post Code:** \_\_\_\_\_

**Tel No:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**DOB** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Age on race day:** \_\_\_\_\_ **Male** **Female**

**UK ATHLETICS REG NO:** \_\_\_\_\_

**NON UK ATHLETICS MEMBERS (TICK HERE)**

**AFFILIATED CLUB:** \_\_\_\_\_

**Entry Fees: Affiliated £7 Unaffiliated £9**

**Cheques payable to: "Sandbach Striders"**

**Total enclosed £\_\_\_\_\_ Please include A5 9x6 SAE**

I declare that I will abide by the Laws and rules for competition of UKA. I confirm that I am an amateur as defined under UKA rules. I intend running entirely at my own risk and that the organisers will not be held responsible for any injury, loss, damage or harm resulting from participating in the Sandbach 10K. I will be over 16 years of age on 17 October 2010.

**Signed:** \_\_\_\_\_ **(if under 18 parent/guardian signature required)**

**Entries to:- Sandbach 10K 2010, 11 Chestnut Close, Middlewich, Cheshire CW10 9QJ**

**Closing Date for Postal Entries: 8<sup>th</sup> October 2010**