



Wootton Road Runners



are proud to present the

2010 BLISWORTH FRIDAY 5 SERIES

5K Road Race on Friday 7th May and 5 Mile Road Race on Friday 6th August 2010, both starting @ 7.30pm

Registration/Parking at Blisworth Football Club, Courteenhall Road, Blisworth, Northamptonshire.

UK Athletics Road Running Permits: 100527 528

Please note: The start/finish line is a brisk 10 minutes walk from the race HQ/Parking Area.

Fees:

5K - £7.00 Affiliated £9.00 Unattached
5 mile - £8.00 Affiliated £10.00 Unattached
Joint Entry to both races –
£12 Affiliated £16 Unattached

Cheques Payable to: *Wootton Road Runners*
Closing Date:

5K and Joint Entry - Saturday 1st May 2010

5 mile – Saturday 31st July 2010

ENTRY ON THE DAY (at Race HQ to 7pm)

Race Limit: 5k – 300 / 5 mile – 400

The Courses are not suitable for wheelchairs

The Prizes:

The prizes will be awarded on a pro rata basis dependent on the final number of runners in each age category.

The Age Categories:

5 mile - SM, M40, M45, M50, M55, M60, M65, MU20.

5K – as above plus MU17 and MU15

5 mile - SF, F35, F40, F45, F50, F55, F60, FU20

5K – as above plus FU17 and FU15

Team Prizes: Senior Male, Male Vet - 3 to count

Senior Female, Female Vet - 3 to count

The Course Records:

Male: 5K - Julius Kimtai 14m:54s

5 mile – Gordon Lee 25m:31s

Female: 5K - Karen Thorp 16m:47s

5 mile – Jane Preen 29m:18s

For more info and a location map visit:

www.woottonroadrunners.co.uk

or contact WRRraces@aol.com

ENTRY FORM

(no need to cut out)

Surname:

First Name:

Date of Birth:

Age on Race Day:

Please Tick:

Male Female

5k 5 mile Joint Entry

Tel. no (inc std):

Address:

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..... Postcode:

Email address

Club:.....

UKA: Registration No.:.....

For UKA permit 5k race events male and female competitors must be 13 years of age or over on the day of the race. For UKA permit 5 mile race events male and female competitors must be 15 years of age or over on the day of the race. A signed entry form will be considered as acceptance of UKA rules and declaration that runners enter and run entirely at their own risk, and that the organisers will not be held responsible for any illness or injury incurred during the race.

Signed:

Date:

No signature, no entry.

SEND ENTRIES WITH A CHEQUE and 1st CLASS LARGE (at least A5) SAE TO: The Race Secretary, Wootton Road Runners, PO Box 785, Northampton, NN4 9TZ.

