



# CHRISTMAS 10K (CHRISTCHURCH)

ORGANISED BY:

CHRISTCHURCH RUNNERS ([www.christchurch-runners.org.uk](http://www.christchurch-runners.org.uk))

IN ACCORDANCE WITH UK ATHLETICS RULES.

UK RACE LICENCE NUMBER 2011-101701.

COURSE MEASUREMENT CERTIFICATE No.02/059.

5TH RACE IN THE RUNNING TREE SERIES

**SUNDAY 11th DECEMBER 2011 11.00am**

**Start and Finish - MARTINS HILL LANE, BURTON.**

NOTE: NO DOGS OR BUGGIES WILL BE PERMITTED IN THE CHRISTMAS 10K.

ALL RUNNERS COMPLETING THE COURSE WILL RECEIVE A CHRISTMAS PUDDING \* FULLY MARSHALLED

\* MILE MARKERS \* HOT DRINKS AT THE FINISH \* FAST RURAL COURSE \* MINIMUM AGE ON RACE DAY

15 YEARS \* A PB COURSE \* RACE NUMBERS WILL BE DISPATCHED FROM MID NOVEMBER ONWARDS.

PRIZES TO BE AWARDED IN THE FOLLOWING CATEGORIES: - JUNIOR'S (UNDER 17), SENIOR MEN, SENIOR FEMALES, VETERANS FEMALES & VETERANS MEN.

.NOTE: RUNNERS CAN ONLY CLAIM ONE PRIZE & PRIZES MUST BE CLAIMED ON THE DAY.

Course Record: MEN 30:02 (L. Rodriguez, 2001) LADIES 33:38 (L. Yelling, 2010)

**RACE LIMIT 650.**

**CLOSING DATE WHEN RACE LIMIT IS REACHED.**

(In 2010 the race limit was reached in June)

ENTRY FEE (NON REFUNDABLE): £8.00 AFFILIATED CLUB RUNNERS  
£10.00 UNAFFILIATED RUNNERS

ALL CHEQUES PAYABLE TO: **CHRISTMAS 10K**

Send completed Entry form & Cheque to  
*Race Secretary. 66 Stony Lane. Burton. Christchurch. Dorset. BH23 7LE*  
*Race enquiries: [pudman20@hotmail.co.uk](mailto:pudman20@hotmail.co.uk)*

NO SAE REQUIRED

Sponsored by:

**BAE SYSTEMS**

\*\*\***CHRISTMAS 10K OFFICIAL ENTRY FORM**\*\*\*

Please use uppercase.

SURNAME..... FORENAME.....

POSTAL ADDRESS.....

TOWN..... COUNTY.....

POSTCODE..... GENDER (M / F).....

DATE OF BIRTH..... AGE ON THE 10TH DECEMBER.....

E-mail Address.....

Telephone Number & STD Code

(HOME) ..... (WORK) .....

UK: Athletics Affiliated Club .....

UK: Athletics Membership Number .....

I declare that I am an amateur as defined by UK Athletics. I agree to abide by the current laws of competition of UK Athletics and any other decisions taken by the Race Director. I confirm that I have no medical disabilities which would endanger myself or other taking part also I am medically fit to run. I agree that I enter at my own risk and that the organisers or Race Officials will in no way be held responsible for any injury, illness, accident to my person or loss of my property as a result of my participation in this event. I also understand that no refund can be given in the event that the race is cancelled due to circumstances outside the organiser's control, or if I am unable to compete due to illness or injury. Data Protection Act: Information contained on this entry form will be stored on Computer by the Race Organisers. It will not be possible to process Entries for anyone who objects to having his/her details so recorded. Submission of this entry is taken to indicate that the entrant does not object to having his/her details so recorded.

SIGNATURE..... DATE.....

(MUST BE SIGNED BY ABOVE NAMED RUNNER)

**NOTE: NO DOGS OR BUGGIES WILL BE PERMITTED IN THE CHRISTMAS 10K**

Send completed Entry Form & Cheque (£8.00/£10.00 payable to CHRISTMAS 10K) TO:  
Race Secretary. 66 Stony Lane. Burton. Christchurch. Dorset. BH23 7LE

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RACE NUMBER