

# HUDDERSFIELD ROAD RUNNERS AC



## THE HUDDERSFIELD 10K



ARC Permit 10/10 Under ARC Rules

on **SUNDAY 28 FEBRUARY 2010 at 11:00am**

from

**HUDDERSFIELD RUGBY UNION CLUB, LOCKWOOD PARK,  
HUDDERSFIELD HD4 6EN**

**ARC & UK ATHLETICS AFFILIATED RUNNERS £7.50 UNATTACHED £9.50**

- On Site Parking – Changing/Shower Facilities – Morning snacks/Lunchtime Bar -  
Scenic undulating one lap course with fast finish – Race shop by **Run Direct** of Barnoldswick

### *T-Shirts to all finishers*

**Course Record:** Male – **Rob Holladay** (Morpeth AC) 32:45 (1997) Female – **Rowan Smith** (Scarborough AC) 36:07 (2002)  
**£1,200 Prize List (Including £100 bonus for new course record (Male and Female) with vouchers by Run Direct:**

First 6 males – First 6 females – All Veteran categories – First 3 male teams – First 3 female teams (3 to count)  
**Support Note:** Race marshals will be withdrawn in line with a 15 minute mile pace

**Entries to:** Huddersfield Road Runners, c/o 69 Greenfield Avenue, Oakes, Huddersfield, HD3 4GA  
**Cheques payable to:** Huddersfield Road Runners AC (enclose C5 size s.a.e. for number & directions)  
**Closing date for postal entries:** 22 February 2010 - or earlier if race limit (600) reached

### **NO ENTRIES ON RACE DAY**

**Website (and results service):** [www.huddersfieldroadrunners.co.uk](http://www.huddersfieldroadrunners.co.uk) also [www.ukresults.net](http://www.ukresults.net)  
**Phone help:** Les Gruszka (race enquiries) 07810 223045 or Gordon Mitchell (general enquiries) 01484 310749  
**Email help:** [Hudds10k@hotmail.co.uk](mailto:Hudds10k@hotmail.co.uk)

### **Entry Form**

This signed entry form constitutes a declaration that I will take part in the event entirely at my own risk, that I have no medical disabilities that may endanger me or other participants, and that I remain personally responsible for my own property at the race venue. As a 10K entrant I am over 15 years old.

FIRST NAME: ..... SURNAME: .....  
ADDRESS: .....  
..... Postcode: ..... Tel No.....  
Email address .....  
Affiliated club ..... Member No. ....

Indicate(✓) Male  Female   
Age on Race Day:   
T-Shirt Size(✓): S  M  L  XL

10K Entry (Affiliated £7.50)	£.....
(Unattached £9.50)	£.....
Postal 10K Results £1.00	£.....
<b>TOTAL PAYMENT</b>	£ _____

**Signature** .....

Official Use Only

**Date:** .....