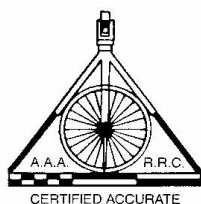


Rugby and Northampton Athletic Club

presents



THE RUGBY TEN mile

(under UK Athletics rules, for the Rugby Advertiser Trophy)

ON SUNDAY 23rd OCTOBER 2011 at 11:00 am.

**8th and Final race in the Warwickshire Road Race League
Incorporating WCAA & PSSA Ten Mile Championships**

Race HQ - Barby Cricket Club, Nr Rugby, Warwickshire

The race will take place over the new course but using much of the 'traditional Rugby 10' course through Barby, Kilsby & Hillmorton, including the climb up 'Cart Hill'. The distance will be 10 miles and will use public roads. Start/Finish is half-mile from race HQ

Full changing facilities & car parking Registration, Refreshments, Licenced Bar & Presentations at Barby Cricket Club (courtesy of Barby CC)

Prizes for all categories including veterans and teams.

ENTRY FEE:

£9:00, with a discount of £2:00 for club athletes (ie £7:00) - entries on the day £1:00 extra)

Cheques payable to RUGBY & NORTHAMPTON AC. Entries close : 17th October.

Entries to: Race Organiser, 2 Manor Farm Close, Barby. Rugby CV23 8FA

Please include S.A.E. FOR RACE NUMBER & DETAILS

Registration from 09:30

For additional information: Ring 01788 891577 OR www.randnac.org

Warwickshire CAA Championship eligibility: I am a member of a UK affiliated Athletic Club

And my Warwickshire County qualification is:

- a) By birth
- b) By 9 months continuous residence in the 'County' prior to the championship
- c) By 9 months service in a unit of HM Forces stationed in the 'County'

The Warwickshire 'County' is defined as the 'Pre-1974 boundary', which includes Birmingham, Solihull and Coventry

Prison Service Sports Association 10 Mile championship eligibility

| | | | | | |
|--|--|----------------------|--|------------|--|
| SURNAME | | INITIALS | | SEX | |
| CLUB | | | | | |
| ADDRESS | | | | | |
| Town | | Postcode | | | |
| FEE ENCLOSED | | DATE OF BIRTH | | | |
| I hereby declare that I am an amateur according to UK Athletics rules. I am medically fit to run and understand that I enter at my own risk and that the organisers will in no way be held responsible for any injury incurred during or as a result of the event or for any property lost on the course or in the changing rooms. | | SIGNED | | | |

