

26th ANNUAL MILBORNE 10 ROAD RACE

[9.79 MILES]

Minimum age limit 17yrs

Organised under UK Athletics Rules. Licence No. 20091129

Certificate of Course Accuracy SEAA 05/064

SUNDAY 10TH JANUARY 2010

10.30am Start at Milborne St Andrew Village Hall

Registration open in Village Hall from 8.30am - 10.15am

Car parking [please use designated car park] Hilly Course, Limited changing Facilities in Village Hall, Free Refreshments, Chocolate Bar & Certificate to all finishers, Basic Level 1 Medical Cover.

PRIZES: 1st 2nd 3rd MAN 1st 2nd 3rd Lady

M17-39, MV40-49, MV 50-59, MV 60+ F17-34, FV35-44, FV 45-54, FV55+

First Men's Team [4 to score] First Ladies Team [3 to score]

1st finisher from the Parish of Milborne St Andrew Course Record [currently 52.06]

Only one prize awarded per winner [Team prizes /Course Record/ Milborne Finisher exempt]

FEES: Affiliated Club Runners £6.00 [£7.00 on day]

Non-Affiliated Runners £8.00 [£9.00 on day]

ALL Pre-booked entries must collect their number on the day

Numbers not transferable, no refunds given

Course unsuitable for wheelchairs. Strictly no dogs, buggies or cyclists to accompany runners.

Please complete the form and send with fees and SAE to J Mills, 4 Middleton Row, Milton Abbas, Blandford , Dorset DT11 0AT
I wish to run in the 26th Annual Milborne Ten Road Race on Sunday 10th January 2010. **Closing date for postal entries 02/01/10**

PLEASE PRINT

Forename.....Surname.....

Address.....

.....Postcode.....

Home phone No..... E Mail.....

Male/Female.....D.O.B.....Age on the day of Race.....

UKA Affiliated Club.....

I enclose cheque/cash £.....payable to 'Milborne 10'

I agree that the organisers will in no way be held responsible for any injury [including fatal injury], illness, accident to my person or loss of my property as a result of participation in this event. I will abide by the rules governing this event. I understand that the organisers' decision is final.

Signature.....Date..... Parent/Guardian to sign if under 18 yrs old.