

Rushcliffe Borough Council 15th Annual 10K Run

**Rushcliffe Country Park,
Sunday 7 March 2010
Start 10.30am**

Mere Way, Ruddington,
Nottingham, NG11 6JS

Run over a traffic free course in Rushcliffe Country Park
(Grass / Hard Surface)

**Entry Fees: £8 UKA Members
£10 Unaffiliated
£2 Fun Run**

Enter on-line at <http://www.rushcliffe.gov.uk/10k> subject to an
additional £1.50 charge

(Rushcliffe Borough Council will donate £1 of all entry fees to Cerebral Palsy (CP) Sport – Charity No. 1088600)

- Run under UKA rules
- Electronic Chip timing
- Accurately measured course
- Full first aid facilities
- Memento to all finishers
- Full marshalling on course
- Trophies/Prizes in various categories
- Km markers
- Ample car parking
- Drinks station
- 10K and fun run entries on the day
(at the organisers discretion subject
to £2 surcharge)
- Late entries please contact
0115 9148553 for availability
of spaces to avoid disappointment
- 10K Participants should be 15 or over
on the day of the event

**Closing date for entries
19 February 2010**

| | | | | |
|---|---------------------|--------------------------------|----------------------------|---------|
| Surname: | | | | |
| Forename: | | | | |
| Male / Female: | | | | |
| Address (inc post code): | | | | |
| E – mail: | | | | |
| Date of Birth: | | | | |
| Age Group (as of 07/03/10) | 10K Junior (U18) | 10K Senior (18 – U35F/U40M) | 10K Veteran (F35+/M40+) | Fun Run |
| Club Name (if appropriate): | | | UKA Membership No. | |
| DECLARATION: I declare that I am medically fit and that I enter and intend running at my own risk. The organisers will in no way be held responsible for injury or illness incurred to my person during, or as a result of the event, or any loss of, or damage to property on the course or in the Rushcliffe Country Park. | | | | |
| Signed: (Parent/Guardian if under 18yrs) | | | | |
| Date: | | | | |
| T-shirt: Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> Extra Large <input type="checkbox"/> | | | | |

Tick the Box if you would like to raise sponsorship for CP Sport.

CP Sport is the official charity of the Rushcliffe 10k. The charity helps children and adults with physical disabilities improve their physical and mental well being through participation in sport. If you would like to help raise vital funds, please tick the box and we will send you sponsor forms with your registration pack.

Please return to: Sports Development, Rushcliffe Borough Council, Civic Centre,
Pavilion Road, West Bridgford, Nottingham, NG2 5FE
**PLEASE ENCLOSE CHEQUE MADE PAYABLE TO RUSHCLIFFE
BOROUGH COUNCIL**