

THE LYTCHETT MANOR 10 MILE ROAD RACE

SUNDAY 19th FEBRUARY 2012 - 10.30AM START - LYTCHETT MINSTER SCHOOL

See Website for Map.

SPONSORED BY RUNNING FREE

22A BOURNEMOUTH ROAD, LOWER PARKSTONE, POOLE BH14 0ED

www.runningfree.net 01202 741900

A Dorset Road Race League Race

Course Records:

Men 52:35 2005 Carl Morris

Ladies 1:00:51 1997 Birhan Dagne



Organised by The Lytchett Manor Striders in accordance with UKA Rules.

UK Athletics Permit No 2012-102686

SEAA Course Measurement Certificate No. 06/115

Memento for all finishers

Prize for: 1st, 2nd and 3rd Man

1st, 2nd and 3rd Lady

Prizes for New Course Records. £60 ea.

1st Team Prizes: 4 to count (Men)

3 to count (Ladies)

Vets Prizes in 5 year categories - Only one prize per runner, not including team prizes.

www.lytchettmanorstriders.org

2012 LYTCHETT 10 ENTRY FORM

PLEASE PRINT CLEARLY

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

AGE on race day..... SEX M / F Date of Birth:-

ADDRESS.....

.....

POST CODE..... PHONE.....

EMAIL.....

UKA Affiliated Club/Unaffiliated

Estimated Race Time UKA Membership No.....

County Championship? Y / N *see eligibility below:

- Born in Dorset or
- Nine months continuous residence in Dorset immediately prior to the date of the race or
- Nine months service in HM Forces stationed in Dorset immediately prior to the date of the race.
- No athlete is allowed to compete in the Championships of more than one County in any one nine month period.

I understand and agree that the organisers shall not be liable for any accidents, injury, loss or damage resulting from my participation in the Lytchett 10. I declare that I am an Amateur and that I am medically fit to participate. I will be 16 years or over on 18th February 2012. I agree to abide by the UKA Rules for Competition.

Data Protection Act. I agree that my entry details and results may be stored on a computer/disk for Race Administration purposes only.

Signature.....Date.....

ENTRY FEE: £8.00 UKA Affiliated Runner.....£2 extra on day

No refunds. £10.00 Unaffiliated Runner.....£2 extra on day

ENTRIES TO:-

Lytchett 10 Race Secretary, 26, Ivor Road, Hamworthy, Poole, Dorset. BH15 4BL

Cheques made payable to Lytchett 10 (Please enclose Large SAE)

Race enquiries: stevenethercott@hotmail.com

CLOSING DATE: 11th February 2012 for postal entries.

HILLY COURSE - UNSUITABLE FOR WHEELCHAIRS - NO DOGS OR BUGGIES