



The 28th Lytchett Manor 10 Mile Road Race

SUNDAY 11th FEBRUARY 2018 - 10.30AM START - LYTCHETT MINSTER SCHOOL, BH16 6JD

UKA License No tbd - SEAA Course Measurement Certificate No. 15/463

The Lytchett 10 is a ten mile road race starting at Lytchett School in Dorset; the course is hilly and entirely on road and pavements. The race is the **DCAA Dorset County 10 mile championship race**, is organised by The Lytchett Manor Striders in accordance with UKA Rules and is limited to 500 competitors.

Memento for all finishers

- Prizes for first three male/female finishers
- First male team, 4 to count
- First female team, 3 to count
- Veteran prizes in 5 year categories
- Additional prizes for breaking course records

L10 is part of "The Imperial Series" comprising:

- Lytchett 10 - 11/02/18
- Bournemouth 10 - 25/02/18
- Larmer 10 - 10/03/18
- Special medal for completing the series
- Prizes based on cumulative times



Course records: Men 2014 Chris Powner 50:55 - Women 1997 Birhan Dagne 1:00:51

for more information, location and course map, visit:

www.lytchettmanorstriders.org

2018 LYTCHETT 10 ENTRY FORM - PLEASE PRINT CLEARLY!

You can also enter online at www.fullonsport.com

SURNAME _____ FORENAME _____

AGE on Race Day _____ SEX M / F _____ Date of Birth _____

ADDRESS _____

POST CODE _____ PHONE _____

EMAIL _____

UKA Affiliated Club/Unaffiliated _____

DCAA Champs Entry:

UKA Membership # _____

Imperial Series:

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 17 years or over on the day of the race. 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: £12.00 UKA Affiliated Runner - £2 extra on day
£14.00 Unaffiliated Runner - £2 extra on day

Entries to:

Lytchett 10 Race Secretary, 91 Albert Road, Parkstone, Dorset, BH12 2BX

Cheques made payable to Lytchett 10 (Enclose Large SAE otherwise)

Race enquiries: lytchett10@lytchettmanorstriders.org

CLOSING DATE: 2nd February 2018 for postal entries or sooner if race limit reached

RACE LIMIT 500

HILLY COURSE - UNSUITABLE FOR WHEELCHAIRS - NO DOGS OR BUGGIES