

ASKERN DISTRICT RUNNING CLUB

and

RINGWAYS

MOTOR GROUP



Course Measurement Certificate No. 08/042



Permit No. 200090394

proudly present

THE ASKERN 10

Incorporating The South Yorkshire Open & Yorkshire Veterans 10 Mile Championships

on Sunday 9th August 2009 at 10.30am

(Under UKA Rules)

Extensive Prize List + T-Shirt to all Askern 10 finishers
Fun Run, 3km, 10.40am, medal to all fun run finishers

Entry Fees:	Askern 10M	£7.00	Affiliated UKA Clubs
		£9.00	Unattached runners (includes £2 UKA levy)
		<i>Entries on the day surcharged by £1.00, i.e. £8.00 and £10.00 and will NOT qualify for prizes</i>	
	Fun Run	£2.00	(no surcharge for entry on the day, but please enter early if possible)

To qualify for the South Yorkshire/Yorks Vets Championships pre-entry to the race is required & the box below completed.

Entries, including cheque/PO payable to ASKERN DISTRICT RUNNING CLUB, 9"x5" SAE for your race number and confirmation sheet, to: The Askern 10, 3 Amberley Rise, Skellow, Doncaster, DN6 8NS.

Closing date for entries: 2nd August 2009. (individuals will not be allowed to take more than one prize, except for team prize)
Entrants for the 10 mile race must be at least 17 years old or over on the race day.

Note: Male Vets qualify for YVAA at 35 years but at 40 years for South Yorks Championships.



Supported by: **Askern Miners Welfare Club**

Refreshments on sale during and after the race

Presentations in the club after the race

First Aid cover provided by the St. John Ambulance Brigade



Please Complete This Section In Block Capitals

Surname:

Address:

.....

.....

Postcode.....

Age On Race DayDate Of Birth.....

Forenames.....

Telephone No.....

South Yorks Champs (Tick Box If Eligible)

Yorks Vets Champs (Tick Box If Eligible)

Fun Run (Tick Box If Applicable)

Club Name.....

Club Membership No.....

Sex (M/F).....Entry Fee Sent.....

I certify that I am medically fit enough to run the said event, furthermore I agree that the **ORGANISERS** will in no way be held responsible for any **LOSS, DAMAGE or INJURIES** to myself or my belongings - **BEFORE, DURING or AFTER** the said event.

Signed..... Date.....