



## THE SAUCONY CHELMSFORD AC 10k Road Race Sunday 21st November 2010 at 2pm

RACE UNDER UK Athletics Rules.  
UKA LICENCE No 2010 0545  
Course measurement certificate no SEAA 02/099

CHELMSFORD SPORT AND ATHLETIC CENTRE,  
SALERNO WAY, CHELMSFORD, ESSEX.

PRIZES IN THE FOLLOWING CATEGORIES:-

FIRST 5 MALE OPEN	FIRST 3 FEMALE OPEN
FIRST MALE VET 40	FIRST FEMALE VET 35
FIRST MALE VET 50	FIRST FEMALE VET 45
FIRST 3 MIXED TEAMS (3 per team)	

### T-SHIRT TO ALL FINISHERS

**MINIMUM AGE:** is 15 years but written parental consent required for athletes 15-18 years

POSTAL ENTRIES TO: Roy Meadowcroft, 104 Sandford Road, CHELMSFORD, CM2 6DH.  
Cheques payable to "CHELMSFORD ATHLETIC CLUB" and please enclose a 9"x 6" S.A.E. for return of information sheet and Race Number ensuring that the envelope is stamped correctly for size.  
£8.00 FOR AFFILIATED A.A.A.Club Members, £10.00 unaffiliated (inc levy)

ON LINE ENTRIES at [www.chelmsfordac.org.uk](http://www.chelmsfordac.org.uk) £9 affiliated & £11 non affiliated.

**Entry on the day will be accepted unless race limit of 600 has been reached £9 affiliated & £11 non affiliated**

**Latest time for entries on the day is 12.45**

**Notes:- Letters with underpaid or missing stamps will not be retrieved from the Post Office.  
Sorry, we cannot cater for wheelchair contestants.**

NAME:- \_\_\_\_\_ Male/Female (please circle)

ADDRESS:- \_\_\_\_\_

Contact tele or mobile: \_\_\_\_\_

CLUB:- \_\_\_\_\_ Date of Birth \_\_\_\_\_

Please enter me in the above event. I declare that I am an amateur as defined by UK Athletics and I agree to abide by the rules of UK Athletics. Rules and decisions made by the race organisers in all matters relating to the race shall be final. I understand that the organisers will not be liable for any injury, illness or loss of property resulting from my attending or participating in the event.

SIGNATURE:- \_\_\_\_\_

