

Dewsbury 10K

Under UK Athletics Rules
Permit No. 11415

Dewsbury / Batley Sunday 1 February 2009 9 am

A 10K race organised by Dewsbury Road Runners
£400 prize first man and woman. Prizes for first 5 men and women

First three men over 40, over 45, over 50
First man over 55, over 60, over 65
First men's team (3 to score)

First three women over 40,
First woman over 45, over 50, over 55
First women's team (3 to score)

NO ENTRIES ON THE DAY

Only one individual prize per runner. If a veteran wins an open prize, that frees up an extra veterans prize. An open age runner must finish in the first 5 overall to win a prize. **PRIZES AWARDED ON GUN TIME NOT CHIP TIME.**

Start on Dewsbury Ring Road, Dewsbury (outside Highgate Beds). Please assemble at 8.45am.

DIRECTIONS ON FOOT TO START FROM SPORTS CENTRE

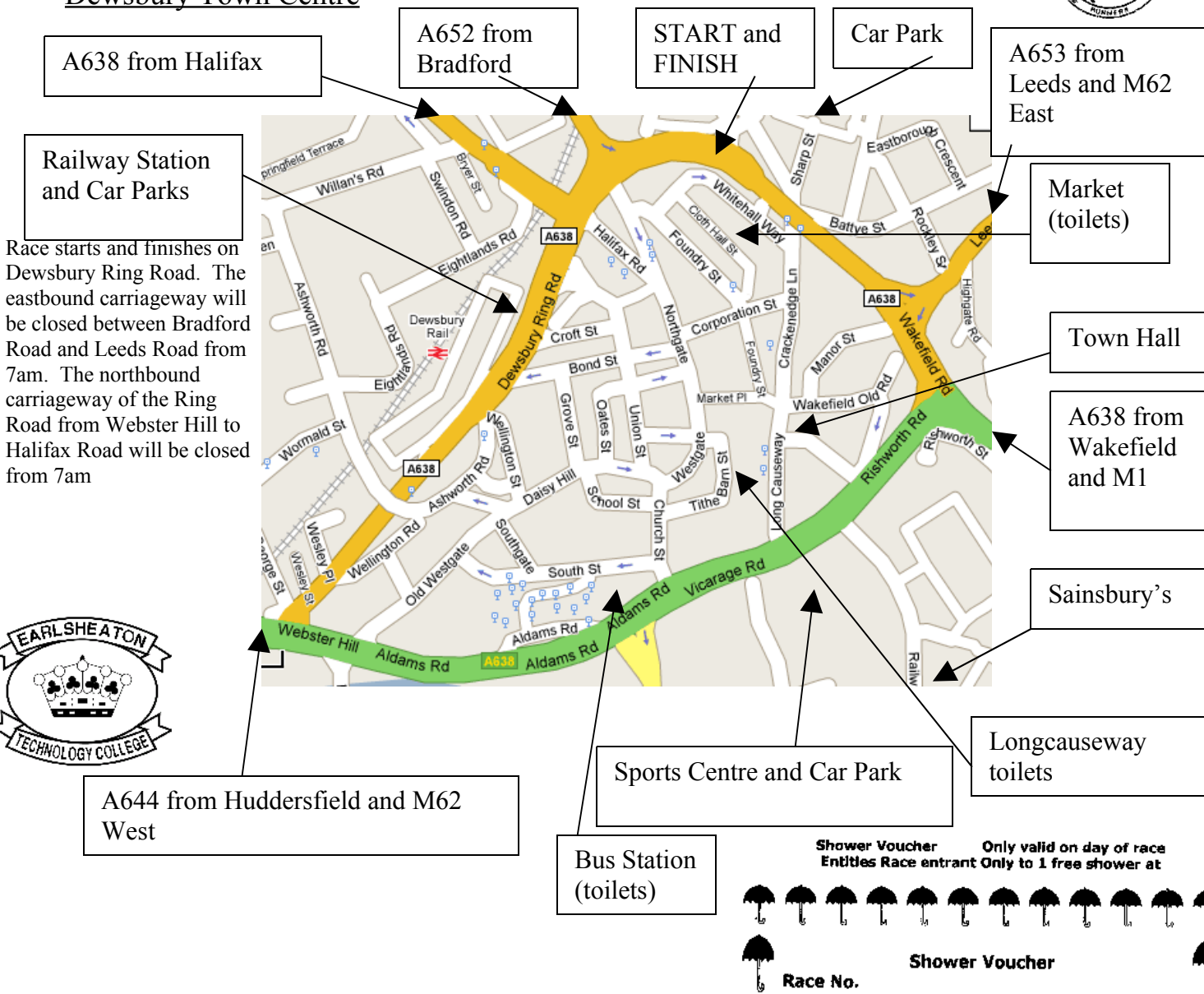
Go out of Sports Centre main door, at Ring Road (Rishworth Road) turn right, go left under subway. At exit of subway turn right onto Longcauseway, past Town Hall, past Barclays Bank, keep straight ahead past market under bridge, then take first turn left on slip road into Dewsbury Ring Road. (Distance about 600 metres).

If you have a medical condition that requires a non-standard treatment in case of collapse please report to Help Desk in Sports Centre before start and give details on the back of your number and mark your number with a red cross.

Toilets in Sports Centre (first and second floors), Bus Market, Longcauseway, Bus Station



Dewsbury Town Centre



Race starts and finishes on Dewsbury Ring Road. The eastbound carriageway will be closed between Bradford Road and Leeds Road from 7am. The northbound carriageway of the Ring Road from Webster Hill to Halifax Road will be closed from 7am



Shower Voucher Only valid on day of race
Entitles Race entrant Only to 1 free shower at

