

# Dewsbury 10K

A 10K race organised by  
Dewsbury Road Runners  
under UK Athletic Rules

**Sunday 7 February  
2010 9 am**

Licence number  
2009 - 100332

**DISKEN & Co.**

S O L I C I T O R S

INC. J. BRYAN SMITH & CO.

Prize for first 5 men and women  
First three men over 40, over 45, over 50  
First three women over 40,  
First man over 55, over 60, over 65  
First woman over 45, over 50, over 55  
T-shirts given to all finishers of the race  
First men's team (3 to score)  
First women's team (3 to score)

**£400 prize  
first man  
and woman**

Start and finish,  
Dewsbury Ring Road

Champion Chip timing by TDL Limited



Please send entry form below to:

**Dewsbury 10k c/o Disken & Co. Solicitors, 20 Bond Street, DEWSBURY, WF13 1AT**

**Entry fees: £14 affiliated, £16 unattached.**

**Please make cheques payable to Dewsbury Road Runners.**

**Closing date 23 January 2010 NO ENTRIES ON THE DAY**

More information available at [www.dewsburyroadrunners.co.uk](http://www.dewsburyroadrunners.co.uk)

Online entry at [www.ukresults.net/online](http://www.ukresults.net/online)

Marshals will be withdrawn on basis of 70 minute finishing time. Finish will be dismantled after 70 minutes. ALL RUNNERS are responsible for their own safety.

Surname \_\_\_\_\_ First Name \_\_\_\_\_ Leave Blank \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex M or F \_\_\_\_\_ Age on race day (minimum 15) \_\_\_\_\_

Club \_\_\_\_\_ Affiliated Y/N \_\_\_\_\_ Best time for 10K (last 2 years) \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Daytime phone \_\_\_\_\_ Evening phone \_\_\_\_\_

I declare that I am an amateur as defined by UK Athletics laws and will abide by the laws and rules of UK Athletics. I accept that the organisers will not be liable for any loss, damage, action, claim, cost or expenses which may arise as a result of my participation in this race. I declare that I will not compete unless I am in good health on the day of the race and that in any event I will compete at my own risk.

I understand marshals will be withdrawn after 70 minutes.

No need to enclose SAE

Signature.....