

# South West Road Runners

## First Chance 10K

**Sunday 3 January 2010 at 10:30**

**UK Athletics Licence Number: 2009-100258**

**Certificate of Course Accuracy Number 09/002r (measured 24 -10-08)**

**Held under UK Athletics rules**



With thanks to our sponsor:

**IRONBRIDGE  
RUNNER**

15 Bartholomew Street East  
Exeter EX4 3BG  
01392 436383



Your 8th chance to race our fast, flat course along paths & cycleways by the Exeter Canal and the River Exe.

Chip timing start and finish as well as super-accurate K-markers! In accordance with UKA rules, all prizes will be awarded on gun time.

All finishers will receive a quality race memento.

Prizes for:

1st, 2nd & 3rd Male & Female {Iron Bridge Runner vouchers £100, £75, £50}

1st Female Under 20, V35, V40, V45, V50, V55, V60 {IBR vouchers for £20}

1st Male Under 20, V40, V45, V50, V55, V60, V65 {IBR vouchers for £20}

Only one prize per competitor.

£100 cheque if you set a new course record by beating the corresponding (M/F) record during the race. Current course records:

Men : Kairn Stone 31:49 (2005) Ladies : Lucy Hassel 34:32 (2007)

About South West Road Runners.

We are a friendly club based in Exeter, meeting at Exeter Arena on Wednesdays (6:30) and Fridays (6:00). We cater for all standards of runners, ladies and men, from beginners to competitive county level athletes. If you are thinking of joining a club, come along and try us out!

You may also wish to enter our other races:

The Broadclyst Bimble – a tough, muddy off-road half marathon around Ashclyst Forest

The Killerton Kanter – an attractive off road 10K around Killerton House

The Drogo 10 – a tough, hilly 10 miles in the stunning countryside around Castle Drogo

For more details visit our web site [swrr.co.uk](http://swrr.co.uk)

Please complete clearly	Surname	First name	M/F
<b>IN BLOCK CAPITALS</b>			
Club (if any)	Telephone	DoB(ddmmyy)	Age on Race Day
Address			
Email			

Do you hold a current England Athletics Competition Licence?

[If you do not hold an EA Competition Licence full entry must be paid.]

<b>No</b>	<b>Entry fee £13</b>
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<b>Yes</b>	<table border="1"> <tr> <td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td> </tr> </table>								<b>Entry fee £11</b>
England Athletics Competition Licence Number									

## CLOSING DATE FOR ENTRIES: 6 DECEMBER 2009

I declare that I am an amateur as defined by UKA rules, that I am medically fit to run and that I enter at my own risk. The organisers shall not be held responsible or liable for any injury, loss or damages as a consequence of my participation in the First Chance 10K. I understand that acceptance of my entry is subject to the approval of the race organisers and that after acceptance the entry fee is not refundable. I will be 15 years of age or older on 3 January 2010.

I also give consent for my name, club, age category and race times to be published on South West Road Runner's internet site, the internet site run by the timing chip company and passed to the media. I am aware that full entry details may be passed to England Athletics, UK Athletics and to any club of which I claim membership on this entry form.

Due to narrow parts of the course and some rough paths, the race is unsuitable for wheelchair athletes. No following cycles, push chairs, roller blades or wheeled vehicles please.

Signature (or signature of parent/guardian if entrant is under 18)	Date

Please send your cheque (payable to South West Road Runners), entry form and large (preferably A4) SAE (with "**large**" stamp) to:

Ayse Vahiboglu, The Olde Saddlers, Sandford, EX17 4nq

## NO ENTRIES ON THE DAY

Joining instructions will be posted out with race numbers before the race day.

swrr.co.uk