

PRESTON HARRIERS

www.prestonharriers.net

present

Supported by Plumbs

Loose Covers

Re - upholstery

Curtains



www.plumbs.co.uk



The 29th Annual

PRESTON 10 MILE ROAD RACE

(Acknowledged P.B. Course) Under UKA Rules Licence No. 2010-100876

Course accuracy Certificate 90/157



Supported by:- www.run-it.co.uk suppliers of quality sportswear

SUNDAY 21st NOVEMBER 2010

At 10.00am

Over a flat two lap UKA measured course from

HUTTON GRAMMAR SCHOOL

Open to All over 16 years on day of race.

Prizes **MEN**

1st 5 individuals

1st Team (3 to score)

1st & 2nd over -40 - 45 - 50

1st over 55, 1st over 60, 1st over 65, 1st over 70 (Prizes awarded as to stated age on day of race)

1st 3 individuals

Prizes **LADIES**

1st Team (3 to score)

1st & 2nd over 35 - 40 - 45

1st over 50, 1st over 55, 1st over 60, 1st over 65. (Prizes awarded as to stated age on day of race)



MEMENTO
TO ALL
FINISHERS

Entries

ENTRY FEES:- Attached £8. Unattached £10. All £1 extra on day.

Cheques/Postal Orders Payable to "Preston Harriers" on form below (Photocopies accepted)

Please enclose 9 x 4 SAE envelope for your race numbers and details and send to :-

The Race Secretary Preston 10, 9 Victoria Parade, Ashton, Preston, PR2 1DS

leaders in sports nutrition

www.scienceinsport.com

Please double check correct postage (large or thick envelopes require more money)

Closing date 12th November or before if 650 limit is reached The organisers reserve the right to amend the prize list

in case of insufficient entries and to delay the start time or postpone the race if necessary.



CUT AND RETURN

PRESTON 10 ENTRY FORM

Sunday 21st November 2010

SURNAME..... FIRST NAME SECOND INITIAL M/F

ADDRESS AGE

..... D.O.B.

..... POSTCODE
16 years on or before
21st November 2010

HOME PHONE NUMBER England Athletics Registration Number

EA AFFILIATED CLUB

FEE ENCLOSED (Please tick amount) Attached £8.00 Unattached £10.00

online entry on :- www.ukresults.net

Race Number

To the extent permitted by the Unfair Contract Terms Act 1977 the Organisers will not be liable for any loss, damage, illness or injury whatsoever directly or indirectly occasioned by or resulting from the negligence, wrongful act or default of the Organisers of Preston Harriers or their respective servants or agents or from any cause, including any act of God or the physical conditions of the competitor.

I DECLARE (1) I am an amateur by UK Athletics Rules. (2) I will abide by the Laws and Rules for Competition of the UK Athletics. (3) I enter and intend running entirely at my own risk and I will be 16 years of age on or before 21st November 2010

Signature Date