

ENTRY FORM

Please complete in Block Capitals

Surname: _____ First Name: _____

Male/Female: _____ Date of Birth: _____ Age on Race Day: _____

Address: _____

Telephone: _____

uk:athletics Club (if applicable): _____

	Entry Fees	Tick appropriate box or boxes
10k Race	£12.00	
uk:athletics affiliated club member	£10.00	
Race Results (10k only)	£1.00	
Fun Run	£3.00	
Fun Run Family Entry (three or four people)	£8.00	
Total		

I declare that I am an amateur as defined by the uk:athletics and will abide by the race rules and that I will be 15 years of age or over on race day for the 10k race. I hereby agree that the organisers shall not be liable for any accidents, injury, loss or damage as a consequence of my participation or my child's participation in the events.

Signed: _____ Date: _____

(Parent or guardian to sign for child's entry)

Please send your cheque or postal order, payable to **Lichfield Running Club** to Chris Cox, 16 Wentworth Drive, Lichfield, Staffs WS14 9HN. Tel No. 01543 301333. Pre race entries to be received by 6th September 2010. Photocopies of this form will be accepted. Please ensure that your entry form has the correct postage as otherwise it may be returned unopened.

Data Protection Act

The information that you have provided is protected under current Data Protection legislation 1998 Act. If you have any objection to us storing and using this information for reference purposes please tick the box

Lichfield 10k Road Race & Fun Run

The 10k race is now in its fifteenth year and starts at 10.30 a.m. on Sunday 12th September 2010. It is open to all runners aged fifteen and over on race day. It is regrettably not suitable for wheelchairs and no dogs or cyclists are allowed in the event. The race is organised by runners for runners of all abilities from complete beginners to Olympic athletes. For further details of the race and email enquiries refer to our web site: www.lichfield-running-club.co.uk.

The 10k course is gently undulating with some hills between 4 and 7 Km. It is run mainly on quiet country lanes. Drinks will be provided at half way and at the finish. Chip timing is being used this year so both the course measurements and timing is done to the highest standards. Every finisher in the 10k race will receive a commemorative tee shirt. The tee shirt will have a list of all the runners entered before 6th September. So get your entry in early.

The Fun Run of approximately 2Km also starts at 10.30a.m. It is aimed at younger runners, fun runners and family participation. All finishers of the fun run will receive a commemorative medal. Fancy dress is welcome. The run takes place on public pavements and crosses minor roads with assistance from marshals. Children under 9 are welcome but must be accompanied by an adult.

Toilets, changing facilities, showers and baggage storage facilities are available at King Edward VI Leisure centre.

The 10k event is sponsored by Midland Pest Control Ltd. MPC a family run company who are celebrating 10 years in business in 2010 by expanding their Birmingham base and opening a new office in Lichfield. MPC offer a complete range of pest control and prevention services, and have a broad spectrum of clients throughout the midlands ranging from domestic properties to large blue-chip organisations. Further details visit their website www.midlandpestcontrol.co.uk.

The fun run, sponsored by Lichfield Health and Fitness Club, is intended to raise funds for the benefit of Queens Croft School. Funds raised will go towards the development of Queens Croft School's after school activity clubs. In previous years the race has raised thousands of pounds for the school and other local charities.

A free massage will be available to all runners after the event, by courtesy of Atlas Pain Relief. Photographs will be available on line, see the web site for more details www.lichfield-running-club.co.uk

The prize presentation will be at 12.15pm in the bar of the Leisure Centre

Late Entries for the 10K Race will only be accepted up to the race limit of 1000 runners. The limit could well be reached this year so get your entry in early!
Runners packs, including chips, will be sent out from August.
Fun Run entries will be accepted on the day.

Unofficial 10k results will be displayed on the day as the race takes place. A complete set of 10k results can be purchased for £1.00 (see entry form or ask for details on the day). They will also be posted on the Internet on www.ukresults.net shortly after the race.

Course Records

Male	Phil Nicholls (2007)	Tipton Harriers	30 min 16 sec
Female	Debbie Mason (2005)	Tipton Harriers	35 min 11 sec

DIRECTIONS

King Edward VI Leisure Centre is situated 1 mile south of Lichfield just off the A51 towards Tamworth. See map for details



Lichfield RC Would Like To Say A Special 'Thank You' To Our Sponsors and Supporters

- Midland Pest Control
- Lichfield Health And Fitness Club
- Staffordshire County Council
- Lichfield City Council
- Lichfield District Council
- Lichfield ATC 1206 Squadron
- Lichfield & Hatherton Canal Restoration Trust
- Sutton Runner
- Atlas Pain Relief
- Lions International (Lichfield)
- Staffordshire Police
- McDonalds
- 7th Lichfield Scouts
- King Edward VI School
- King Edward VI Leisure Centre
- St John Ambulance
- Waitrose Community Matters Fund
- Raynet Communications
- Brian Smith Photography
- Martin Sutton Photography
- Lichfield Mercury
- City Jewellers

Members & Friends of Lichfield Running Club



midland
pest control

LICHFIELD RUNNING CLUB PROUDLY PRESENTS

The 15th

Lichfield 10k

& Fun Run

Sunday 12th
September 2010

At King Edward VI
Leisure Centre, Lichfield
WS14 9DE

In Aid Of Queens Croft School

- Chip Timing
- 10k Race Prize list worth in excess of £1000
- £100 prize for breaking 10k course record
- Tee Shirts and Goody Bags to all finishers of 10k race
- Medals to all finishers of fun run
- Accurately measured 10k Course (certificate 08/308)
- Showers, changing and refreshment facilities
- BARR GOLD STANDARD EVENT (Reference Number 488)
- Run under uk:athletics rules (Licence No. 2010-100531)

Entry Form



British
Association
of Road
Races
(Number 488)



Gold Grade