



# BARNLSLEY 10K



Sunday 14<sup>th</sup> November 2010 10.30 am

inc SOUTH YORKSHIRE CHAMPIONSHIPS

Course records :-

Male – Andy Norman (Altrincham AC) 30:19

Female – Liz Yelling (Bedford & County AC) 33:55



- A potential road pb course starting and finishing at Royston Leisure Centre.
- Accurately measured course with “CHIP” timing and “LIVE” results screen at finish.
- Race organised by Barnsley Athletics Club.
- Extensive Prize List in all categories
- 1 mile fun run at 9.45a.m.
- T-Shirt to all finishers in the 10k and medal in the fun run
- NoEAA permit applied for
- Ample parking available

Entry fee – UKA members	£8.00	(£12 after 7 <sup>th</sup> November 2010)
Unattached Runners	£10.00	(£12 after 7 <sup>th</sup> November 2010)
Fun Run	£2	

One entry per form. Additional forms available at [www.barnsleyac.co.uk](http://www.barnsleyac.co.uk).

Please make cheque payable to ‘**Barnsley Road Races**’ and send to **Barnsley 10k, 52 Baslow Crescent, Dodworth, Barnsley, South Yorkshire. S75 3SG.**

Closing date for postal entries – 7<sup>th</sup> November 2010. Entries on the day £12 Please enclose 9’ x 6’ (A5) SAE for race number and directions.

**Please enter early race limit 800. Last years limit was reached.**

Entry form - Please enter me for  10k  1 mile fun run

NB – Entrants for the 10k must be over 15 on race day.

To qualify for SOUTH YORKS CHAMPIONSHIPS you must be a 1<sup>st</sup> claim member of a S Yorks Club

Name	Address
SEX M/F	
Date of Birth	
Age on Race Day	
Telephone No.	Postcode
UKA club (if any)	Club Reg. No.

Declaration (to be completed by all entrants)

I declare that I am an amateur according to the UK Athletics rules and that I am medically fit to run.

I accept that the organisers shall not be liable for any injury, illness or loss of property as a result of my taking part in this event.

Signature \_\_\_\_\_  
(Parent or Guardian of runners under 18)

Date \_\_\_\_\_