



BARNLSLEY 10K



Sunday 20th November 2011 10.30 am



inc YORKSHIRE & 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 in Royston Park and finishing at Royston Leisure Centre.
- Accurately measured course with “CHIP” timing.
- Race organised by Barnsley Athletics Club.
- 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
- UKA race licence number 2011-102954
- Parking available

Entry fee – UKA members	£10.00	(£15 after 13 th November 2011)
Unattached Runners	£12.00	(£15 after 13 th November 2011)
Fun Run	£2	

One entry per form. Additional forms available at 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 – 13th November 2011. Entries on the day £15

Please enclose 9' x 6' (A5) Stamped Addressed Envelope for race number and directions.

Please enter early race limit 1000.

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 South Yorkshire Club Member

To qualify for YORKSHIRE CHAMPIONSHIPS you must have been born in the county or have been a resident for 6 months. Please tick the box if you want to compete in the Yorkshire Championship

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 _____

Presented by Barnsley Athletic Club in association with Barnsley Premier Leisure