

Border Harriers & Athletic Club

Present the

Wm COULTHARD & CO LTD

59th BRAMPTON TO CARLISLE 10 MILE ROAD RACE

Saturday 20th November 2010 – Start at 12.30pm

Held Under UKA Rules – UKA Licence Applied For

Fast, accurate Course – Measured by UKA accredited measurer

Minimum Age limit - 17 years

- ❖ Start , Changing & Registration at William Howard School, Brampton
- ❖ Finish at the Sands Centre, Carlisle
- ❖ £100 to first male/female if course records broken: Men: Nick Sloan 45m.50s Women: Angie Pain 51m.50s
- ❖ PRIZE LIST: For view on day - Comprehensive Individual, Veteran, UKA Team (Male and Female)
- ❖ ROUTE: Brampton to Carlisle via B6264. Baggage bus from Brampton to Carlisle.
- ❖ BUSES TO START: Buses leave Sands Centre 10.30am – 11.15am (£3 payable on day)
- ❖ OFFICIALLY THE OLDEST 10 MILE ROAD RACE IN THE UK

PLEASE NOTE T SHIRTS WITH RUNNER'S NAME ON AVAILABLE TO PURCHASE - ONLY AVAILABLE TO PRE ENTRIES.

ENTRY FEES

Race Entry Fee - Affiliated Club members £9, Unattached £11. Entry on day £2 extra for all

Athletic Clubs entering 10 or more runners as block entries deduct 10% off entry fee -

to receive Club discount runners must provide England Athletics Registration Numbers on rear of entry form

You must enclose a 9 x 6 SAE with entry for race number or collect it on the day.

Please ensure correct postage - Online entry at www.race-results.co.uk

.....Please fold and cut off along this line and keep top part for future reference.....

Entry Form for 59th Brampton to Carlisle 10 Mile Road Race - 12.30pm start on Saturday 20th November 2010

Full Name..... *Male / *Female

Date of Birth// 19 Age on day of race _____ years Tel. No. _____

Address.....

..... Post Code

Name of Affiliated Athletic Club (if any)EA Regn.No.....

Club Vests Must Be Worn

Race results and next years entry form will be available from borderharriers.co.uk. Please give your e mail address on back of form if you wish to receive next year's entry form

Declaration

I declare that I am an amateur according to UKA Rules and will abide by the laws and rules of UK Athletics. I accept that the organiser will not be liable for any loss, damage, action, claim, cost or expenses which may arise in the consequence of my participation in this race. I declare that I will not compete unless I am in good health on the day of the race and that in any event I will compete at my own risk.

Signature..... Date.....2010

..... Date.....2010

(Signature of Parent/Guardian if entrant under 18 years)

Cheques payable to Border Harriers. Please send completed entry form and cheque, including S.A.E, to
Richard Claydon, 24 Waverley Road, Carlisle CA3 9JU by closing date 1 November 2010

Your name and address may be made available to organisations associated with the race. If you do not want your details made available please sign here.....