

# The Garden City 10

**Course:** Fast 10 mile course with mile markers  
Drinks stations  
Well Marshalled by Club, with 'Raynet Radio Link' assistance  
Medical Support from St John Ambulance  
Excellent spectator facilities with viewing points, close to the start and finish  
Race has a time limit of 2 hours - finishers will not be recorded after 12.30 pm  
Entry limit 750

**Facilities:** Ample changing, showers & toilets Refreshments  
Easy Car Parking Trade Stalls/Exhibits Computerised Results

**Trophies:** 1st man/1st woman  
1st man 40+, 50+, 60+, 70+  
1st woman 35+, 45+, 55+, 65+  
1st local athlete  
1st men's team / 1st women's team  
1st Garden City Runner man / 1st Garden City Runner woman

**Prizes:** 1st five men/women  
1st 3 men 40+  
1st man 50+, 60+, 70+  
1st 3 women 35+  
1st woman 45+, 55+, 65+  
Prize giving at 12.30pm. Under race rules only one prize and trophy may be awarded to an individual.

**Course Record Prizes:**  
£250 bonus for new course records  
Existing course records:  
Men's 51 mins 39 secs (Dave Mitchinson)  
Women's 58 mins 59 secs (Helen Decker)



# Garden City 10 Entry Form

(Capitals PLEASE)

Surname ..... Forename .....

Address .....

..... Postcode .....

Tel No ..... Email .....

Male/Female (Please tick) M  F

Date of Birth (dd/mm/yy) ..... Age on race day .....

**NB. Competitors must be at least 17 years old on race day.**

Club Name ..... Tick if ARC/UKA Affiliated

Tick box if you wish to enter the  Herts Veterans Championships  
Tick box if you wish to enter the  Road Runners Club Championships

RRC Number .....

Entry Fees:		Over 60
ARC/UKA Club	£12.00	£10.00
Unattached	£14.00	£12.00
<b>All entries on the day £3 extra.</b>		
<b>Closing date for receipt of postal entries 31st August 2009.</b>		

I understand that, to the extent permitted by the Unfair Contract Terms Act 1977, the organisers will not be liable for any loss, damage, illness directly or indirectly caused by or resulting from participation in the race or the physical condition of any competitor.

I enclose £12.00/£14.00/£10.00/£12.00 (delete as appropriate)

(Cheques payable to 'Garden City Ten')

Office Use only <input type="checkbox"/>
---

Signed ..... Date .....

Please enclose a large S.A.E. and send to Garden City 10, c/o Sports Systems, Regency House, 61 Walton Street, Tadworth, KT20 7RZ

Send this form or enter online at [www.sportssystem.net/gardencity10](http://www.sportssystem.net/gardencity10)

Tear here

# The Garden City 10

[www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk)

The Garden City 10, now in its twenty-sixth year, continues to be the premier 10 mile event in the area. This year we are delighted to be hosting the Herts County Veterans Championships and Road Runners Club 10 mile championships. The course is very safe and well marshalled. We welcome all levels of competitor, whether top class athlete, club runner or jogger. Family and friends who come along can see the race pass at three different points by walking just a few hundred yards.

## Garden City Runners

GCR is one of the most successful road and cross country running clubs in Hertfordshire. We welcome all standards of runner from international to the slow shuffler and our membership ranges from people in their late teens to those pushing 80. We have been particularly successful in encouraging beginners and seeing them progress in the sport. We have built up a reputation of being a very friendly and social club. Please visit our website [www.gardencityrunners.org.uk](http://www.gardencityrunners.org.uk) for more information.



## At the Heart of Herts...

### Saving Vital Minutes Saves Lives!

The Herts Air Ambulance swiftly bypasses land congestion to reach even the most inaccessible areas such as golf courses, farmland, bridle-paths and woodland. In record time clinicians and life-saving support equipment can be rushed to the scene of an incident and the patient can be flown to an appropriate hospital, within minutes. The aircraft is a crucial addition to Hertfordshire's other emergency services, and it will take continued support and funds to raise enough money to operate every day.

The presence of an Air Ambulance in Hertfordshire could literally be a matter of life or death for any one of its one million inhabitants.

### Facts of Flight

- The aircraft operates on a 5 day week basis and carries an Accident and Emergency qualified Doctor and Paramedic.
- The aircraft attends 2- 3 incidents each day.
- It costs in the region of £80,000 per month to operate the life-saving aircraft.
- Every life-saving flight costs in excess of £2,000.
- Herts Air Ambulance receives no funding from the National Lottery.

### We Can't Fly Without You!

For more information please visit: [www.hertsairambulance.uk.com](http://www.hertsairambulance.uk.com) or call the fundraising office on 0845 2417 690.

### Support from Roche in the UK

Once again, Roche is pleased to be the main sponsor of the GC10 event. Roche Welwyn employees nominated the Herts Air Ambulance as Roche's Charity of the Year for 2009 and will raise money throughout the year with employee supported events.

Roche aims to improve people's health and quality of life with innovative products and services for the early detection, prevention, diagnosis and treatment of disease.

Part of one of the world's leading healthcare groups, Roche in the UK employs nearly 2,000 people in pharmaceuticals and diagnostics.

Globally Roche is the leader in diagnostics, and a major supplier of medicines for the treatment of cancer, transplantation, virology, bone and rheumatology and renal anaemia.

[www.rocheuk.com](http://www.rocheuk.com)

Roche Products Ltd, Hexagon Place, 6 Falcon Way, Welwyn Garden City, Hertfordshire, AL7 1TW  
Tel: 01707 366000



# The Garden City 10

(a ten mile road race organised by Garden City Runners) in aid of the Herts Air Ambulance



Sunday 6<sup>th</sup> September 2009

Start: 10.30am

at Sir Frederic Osborn School, Herts Lane, Welwyn Garden City, Herts, AL7 2AF

*Incorporating the Hertfordshire County 10 mile Veteran championships, and Road Runners Club 10 mile championships*

- Electronic chip timing • Extensive prize list
- Medals to all finishers • Goody bags • Spot prizes

Use the entry form in this leaflet or enter online at: [www.sportsystems.net/gardencity10](http://www.sportsystems.net/gardencity10)

Enquiries: Phone 07769713700 or 01438 832651

Email: [gc10@gardencityrunners.org.uk](mailto:gc10@gardencityrunners.org.uk)



Under ARC Rules



ARC Permit No. 09/95

With thanks for continuing support from:

Garden City H<sub>2</sub>O



FAST FEET SPORTS

