

THE CABBAGE PATCH 10

Running Since 1982

In aid of Clarendon School, Hampton, Middlesex.

Sunday 18 October 2009, 10:00 am.

This 10 mile race is for runners of all standards on roads and towpaths through Twickenham, Kingston and Richmond.

Men's Prizes:

The first ten open finishers.
And in these veteran categories:
40-44 years, 45-49 years,
50-59 years and 60+ years

Ladies Prizes:

The first ten open finishers.
And in these veteran categories:
35-39 years, 40-44 years,
45-54 years and 55+ years



Certificate No. SEAA99/087

This year there will again be these cash prizes for both men and women
£1000 for 1st, £300 for 2nd and £100 for 3rd.

Each finisher will receive this year's edition of the now famous Cabbage Patch 10 long sleeved T-shirt.

There will be two open team prizes, one for men and one for ladies. They will be based on the cumulative time of the first three competitors from each club. There is no need to declare the teams.

Race numbers will be sent out 2-3 weeks before the race. Numbers for entries received after 11 October 2009 must be collected on the day of the race at the Cabbage Patch Public House, 67 London Road, Twickenham TW1 3SZ. Check the web site www.cabbagepatch10.com for information approaching the day of the race
Held under UK Athletics rules. SEAA Permit applied for.

Entry Fees

£16.00 With UKA Licence

£18.00 Without UKA Licence

There will be no entries on the day.

Cheques payable to: The Cabbage Patch Run

Entry fee includes all return mailing.

There is no need to send an SAE.

Send entries to:

The Cabbage Patch 10

c/o Sport Systems

Regency House

61 Walton Street

Tadworth

KT20 7RZ



Sponsored by



Entry form. Please print legibly. - someone else has to read it!

First Name: _____ Surname: _____

Address: _____ Date of Birth: _____ / _____ / _____

Male / Female: _____

Town: _____ ☎ Home: _____

County: _____ ☎ Work: _____

Postcode: _____ Please include full postcode ☎ Mobile: _____

Email: _____

Club: _____ (Please use full club name) UKA Licence No.: _____

From time to time you may receive information about products and services relevant to you as a runner. Tick this box if you would prefer not to receive such information

Office use only

For more details and online entries with no credit card surcharge visit www.cabbagepatch10.com

If you are looking to join a running club visit www.stragglers.org

Please enter me for The Cabbage Patch 10 2009. I am medically fit and enter at my own risk. I understand that the organisers will in no way be held responsible for any injury, illness, accident or loss of property during or as a result of the event.

I enclose a cheque for £ _____ made payable to The Cabbage Patch Run.

Signed: _____

Date: _____