



# DORKING TEN

## 10 miles open road race

### 10:00am SUNDAY 31st MAY



Run under UK Athletics rules - incorporates Surrey County 10 Mile Championship (See\*)

- ▶ BARR gold graded running event
- ▶ UK Athletics road race licence number 20090319
- ▶ Commemorative momento to all finishers
- ▶ Prizes for men/women/veterans/team (one individual prize per runner only.)
- ▶ Pace car with clock, mile markers, full support service with three drink stations on route
- ▶ Full race information and results service
- ▶ Runners must be over 16 years of age on race day
- ▶ One large lap with small inner lap course on lanes through scenic country side
- ▶ Entry fee: £12.00 unlicensed, £10.00 licensed; Entry on the day: £17.00 unlicensed, £15.00 licensed.
- ▶ **Young People's Fun Runs from 300m to 2.5 kms as appropriate, ages 5 to 15 years. Starts 09:15am.**  
A range of prizes will be awarded. Entry fee: £2.50 on the day or online with main race entry.
- ▶ All RACE NUMBERS to be collected from Race HQ on the day (new procedure!)

Please enclose a SAE for race details. Postal and online entry closes 27th May 2009.

Make cheques payable to : Dorking and Mole Valley A.C.

Send to: The Event Secretary, 1 Delderfield, Leatherhead, Surrey KT22 8UA

Website: [www.dmvac.org.uk](http://www.dmvac.org.uk) - for further information & online entry



Sorry, unsuitable

*\*Surrey Qualified (eligibility for the Surrey County 10 Mile Championship)*  
Born in Surrey OR have lived in Surrey for the last 9 months



#### I declare that:

1. I am an amateur as defined by UK Athletics
2. I will abide by the Laws and Rules of Competition of UK Athletics
3. I will be 16 years of age or older on race day
4. I understand that Dorking & Mole Valley AC, its members, officials, and any patron or body involved in the organisation of the event will not be held liable for any injury, loss or illness arising from the event unless caused by negligence
5. I do not object to DMVAC holding personal data from this entry form on computer for the purposes of Race Administration only.
6. I will not participate unless I am medically fit to run 10 miles.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Sponsored by



<http://www.runtolive.co.uk/>

#### BLOCK LETTERS PLEASE

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Athletics Club \_\_\_\_\_

England Athletics Competition Licence

Registration Number \_\_\_\_\_

Male/Female \_\_\_\_\_

Date of birth \_\_\_\_\_

Tel No \_\_\_\_\_

Email (upper case for legibility please)

\_\_\_\_\_

Surrey qualified Yes/No \_\_\_\_\_

*Official Use only*

Date Rec'd

Race Number