



ASKERN DISTRICT RUNNING CLUB

and

RINGWAYS



MOTOR GROUP



Course Measurement certificate No. 08/042

proudly present

Permit No. 2010-100863

'THE ASKERN 10'

Askern, Nr Doncaster

Incorporating The South Yorkshire Open 10 Mile Championship on Sunday 8th August 2010 at 10.30am

(Under UKA Rules)

EXTENSIVE PRIZE LIST + T-SHIRT to all ASKERN 10 finishers

FUN RUN - 3km - 10.40am - Medal to all FUN RUN finishers

ENTRY FEES:	ASKERN 10M:	£7.00	Affiliated UKA Clubs
		£9.00	Unattached Runners (Includes £2 UKA levy)
			(Entries on the day surcharged by £1.00, i.e. £8.00 and £10.00 and will NOT qualify for prizes)
	FUN RUN	£2.00	(no surcharge for entry on the day, but please enter early if possible)

To qualify for the South Yorkshire Championship pre-entry to the race is required & the box below completed.

Entries, including cheque/PO payable to ASKERN DISTRICT RUNNING CLUB, 9"x5" SAE for your race number and confirmation sheet, to: The ASKERN 10, 3 Amberley Rise, Skellow, Doncaster, DN6 8NS.

Closing date for entries: **1st August 2010.** (Individuals will not be allowed to take more than one prize, except for team prize)

Entrants for the 10 Mile race must be at least 17 years old or over on the race day.

Supported by:

Askern Miners Welfare Club

Refreshments on sale during and after the race.

Presentations in the Club after the race.

First Aid cover provided by the St. John Ambulance Brigade



Member Event



✂ ----- ✂

Please complete this section in BLOCK CAPITALS.

SURNAME:	FORENAMES:	-----
ADDRESS:	TELEPHONE NO.:	-----
-----	South Yorks Champs:	<input type="checkbox"/> (Tick box if eligible)
-----	FUN RUN:	<input type="checkbox"/> (Tick box if applicable)
POSTCODE:	Club & Membership	-----
-----	No:	-----
Age on race day:	Date of Birth:	Sex (M/F):
-----	-----	Entry fee sent: £
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I certify that I am medically fit enough to run the said event, furthermore I agree that the ORGANISERS will in no way be held responsible for any LOSS, DAMAGE or INJURIES to myself or my belongings - BEFORE, DURING or AFTER the said event.

SIGNED: _____ DATE: _____