

# Air Products Elmbridge

## Road Runners 10k



**WHEN: Sunday 23rd July 2017 Start Time: 9:00 a.m.**

Flat-Fast-Scenic run on road and riverside towpath under U.K.A. rules. (Permit applied for)  
Included in the Surrey Road League.

**WHERE: Xcel Leisure Centre, Waterside Drive Walton-on-Thames Surrey KT12 2JG.**

Refreshments, limited changing, showers and lockers (£1, returnable coin to operate).

**PARKING:** To be announced.

**ENTRIES: ALL NUMBERS and chips TO BE PICKED UP ON RACE DAY**

**please allow plenty of time before the race for this.**

**UK Athletics registered £10.00 - Unregistered £12.00**

Entry on the day £15.00 unless full, please check the website before travelling.

Entries limited to 700. Minimum Age 16 years.

At least 25% of Profits donated to Charities, Crossroads Care (Surrey) etc.

**ON LINE ENTRY:** [www.err.club](http://www.err.club) on "our10K" page

**PRIZES: 1<sup>st</sup> Man and 1<sup>st</sup> Lady £150, 2<sup>nd</sup> £100 and 3<sup>rd</sup> £50**

Cash prizes to: 1<sup>st</sup> Man over 40/50/60/70, 1<sup>st</sup> Lady over 35/45/55/65

Trophies to 1<sup>st</sup> Mens team (6 to count) and Ladies team (4 to count)

Spot Prizes and Shield to First Elmbridge Resident.

**£100: Prize to the first to beat the Men's and or Ladies Course Records.**

Men: 30:38 Phil Wicks, Belgrave 2016. Ladies: 34:53 Emily Wicks, Aldershot Farnham 2014.

MEDALS TO ALL FINISHERS: Gold (1<sup>st</sup> 100) Silver (2<sup>nd</sup> 100) and Bronze for everybody else.

**Sponsored by Air Products**

### ENTRY FORM

Make cheques out to "Elmbridge Road Runners" for £10.00 registered or £12.00 unregistered.

and post to: Elmbridge 10K, 2 Orchard Way, Esher, Surrey KT10 9DY

**Collect your race numbers and chips at the entries desk on race day.**

Surname: ..... First Name: .....

Address: .....

..... Post Code: .....

Tel No: .....

E-Mail (capitals please) .....

Male / Female : ..... DOB: ..... Age on race day: .....

Name of Affiliated Club: ..... Registration no : .....

Elmbridge resident Yes / No ..... Estimated time: .....

Where did you get this entry form ? .....

I declare that I am an amateur as defined by UKA Rules. I understand that I participate in this event at my own risk and the organisers will not be held responsible for any injuries sustained or property lost by me.

Signed: ..... Date: .....