

# The ASICS Arden 9 Mile Road Race

## Sunday 22nd June 2008 – 10.30am start



at Hampton Sports Club, Shadowbrook Lane, Hampton-In-Arden, Solihull

Advance entry fee £11 (£9 if attached to a UK Athletics affiliated club)

Refer to [www.arden9.org.uk](http://www.arden9.org.uk) or [www.runnersworld.co.uk](http://www.runnersworld.co.uk) for further details

**Entry via Runners World will cost you the same as entering by post - please enter on line**

On the day entry fee £13 (£11 if attached to a UK Athletics affiliated club)

Please note that on the day entry may be restricted if growth in entrants continues - see [www.arden9.org.uk](http://www.arden9.org.uk)

**Course certified by the UK Athletics Course Measurement Scheme**

## Race Categories

Cups will be awarded for the race categories shown below. Current course record holders indicated.

<b>Male 16-39</b>	Scott Hazel 2006 - 48:12	<b>Female 16-34</b>	Helen Finch 2007 - 57:16
<b>Male 40-49</b>	Dave Kesterton 2007 - 49:45	<b>Female 35-44</b>	Sue Harrison 2007 - 50:47
<b>Male 50+</b>	Gary Payne 2007 - 50:45	<b>Female 45+</b>	Heather Fooks 2006 - 64:17
<b>Hampton Male</b>	Andy Williamson 2004 - 66:07	<b>Hampton Female</b>	Susan Lawrence 2007 - 68:10

## Race Entry Form

Surname	_____	Address	_____
First Name	_____		_____
Age at 22/06/08	_____		_____
Male/Female	_____	Post Code	_____
Affiliated Club	_____	Telephone	_____
Team name	_____	Email	_____
Have you run in previous Arden9 Road Races?	_____		
Where did you get your 2008 entry form from?	_____		

### Rules

1. Competitors must 16 or over.
2. No dogs or following cycles.
3. The course is unsuitable for wheelchairs.
4. A competitor may only win one cup.
5. Medals for finishers. Spot prizes available.
6. Race day registrations accepted.

### Declaration

I will be at least 16 on the day of the race. I absolve the organisers from all liability in connection with my entry and agree that I will not compete in the event unless I am in good health on the day of the event. I acknowledge that the signed entry form will be considered as an acceptance of governing body rules and a declaration that I will run entirely at my own risk.

Signed \_\_\_\_\_

Dated \_\_\_\_\_

**Entry instructions:** Please enter on line at [www.runnersworld.co.uk](http://www.runnersworld.co.uk). This will cost **the same** as entering by post and save you the postage. If you do not have access to the internet please return your completed entry form together with a stamped self addressed **A4 envelope with the correct postage** and a cheque for £11 (or £9 if you are attached to an affiliated club) made payable to "Hampton Sports Club" to Chris Barnes at 68 Meriden Road, Hampton-In-Arden, Solihull B92 0BT. Numbers will be posted from the end of May 2008. Please note that if we receive your race entry after Monday 16th June or you do not enclose a self addressed envelope or enclose an envelope with incorrect postage you will need to pick up your race number from the registration desk on the race day. Further details are available at **[www.arden9.org.uk](http://www.arden9.org.uk)**.

**Data Protection Act:** We advise that the information on the entry form will be stored on a computer. Your name may be included in the results section of the web site **[www.arden9.org.uk](http://www.arden9.org.uk)** and your email address used to advise you of updates to this event. Your details will not be passed on to any third party. If you do not wish to be notified of the next race please indicate with an "X" here: ☐