



The ASICS Arden 9 Mile Road Race

Sunday 14th June 2009 – 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 or www.runnersworld.co.uk for further details

Please help us with the race administration and enter on line via Runners World

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

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.

Male Open	Scott Hazel 2006 - 48:12	Female Open	Sue Harrison 2007 - 50:47
Male 40-49	Dave Kesterton 2007 - 49:45	Female 35-44	Sue Harrison 2007 - 50:47
Male 50+	Gary Payne 2008 - 50:34	Female 45+	Theresa Woolley 2008 - 60:21
Hampton Male	Daniel Eccleston 2008 - 64:01	Hampton Female	Susan Lawrence 2008 - 63:56

Race Entry Form

Surname	_____	Address	_____
First Name	_____		_____
Age at 14/06/09	_____		_____
Male/Female	_____	Post Code	_____
Affiliated Club	_____	Telephone	_____
Team name	_____	Email	_____
Have you run in previous Arden9 Road Races?		_____	
Where did you get your 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. 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.

Race instructions: Race instructions can be downloaded from www.arden9.org.uk at any time.

Race numbers: Race numbers will be posted to you two to three weeks before the race. Please note that if we receive your race entry after Monday 8th June you will need to pick up your race number from the registration desk on the race day.

CB02/01/2009

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 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: ☐