

# LORDSHILL ROAD RUNNERS SOUTHAMPTON 10K ROAD RACE



(under UK Athletic Rules)  
Permit applied for



**SUNDAY 20<sup>th</sup> JUNE 2010 at 10.30 am**

**Start and Finish at Lordshill Outdoor Recreation Centre, Redbridge Lane, SOUTHAMPTON**

**\* MEMENTO FOR ALL FINISHERS**

**PRIZES FOR:**

**OVERALL MEN: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 1<sup>st</sup> in Categories: Senior, V40, V50, V60, V70+**  
**OVERALL WOMEN: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 1<sup>st</sup> in Categories: Senior, V35, V45, V55, V65+**  
**TEAM: 1<sup>st</sup> Men's (4 to score) and 1<sup>st</sup> Women's (3 to score)**

**Entry Forms and Race Results available on our website  
[www.lordshillroadrunners.org.uk](http://www.lordshillroadrunners.org.uk)**



**ENTRY LIMIT 500**

**CLOSING DATE 10<sup>th</sup> JUNE 2010**

**Suitable for runners of all abilities**

**Safety Note - Earphones/iPods prohibited**

**The course is not suitable for wheelchair entrants**

**ENTRY FEE: £8.00 Affiliated Club Runners**

**£10.00 Unattached Runners**

**Entry on the day £2.00 extra**

**THE LATE ENTRIES DESK WILL CLOSE AT 10.10AM**

Supported by:  
**MARCH SPORTS**  
SOUTHAMPTON  
[www.marchsports.co.uk](http://www.marchsports.co.uk)

**The Samaritans**

**RACE HQ, PARKING AND LATE ENTRIES AT OASIS ACADEMY, LORDSHILL (formerly Oaklands)**

**A donation will be made from the proceeds of the race to Wessex Heartbeat**

**Complete and return form below with cheque payable to "LORDSHILL ROAD RUNNERS" to:  
Race Secretary, 95 Highfield Lane, Highfield, Southampton, SO17 1NN  
Email [lordshillraces@hotmail.co.uk](mailto:lordshillraces@hotmail.co.uk)**

**SHOULD THE RACE BE CANCELLED DUE TO EVENTS OUTSIDE OUR CONTROL, A REFUND WILL NOT BE MADE, RACE RECEIPTS AFTER DEDUCTING EXPENSES WILL BE DONATED TO CHARITY.**

**COMPLETE IN BLOCK CAPITALS**

**LORDSHILL 10K 2010**

**SURNAME:** \_\_\_\_\_ **FIRST NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_ **POST CODE:** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_ **SEX: (M/F)** \_\_\_\_\_

**CLUB/UNATTACHED :** \_\_\_\_\_

**Contact Details: Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

I declare that I am an amateur as defined by the UK Athletics rules and will abide by those rules and will be over 15 on 20<sup>th</sup> June 2010. I hereby agree that the organisers shall not be liable for any accidents, injury, loss or damage incurred during or as a consequence of my participation in this race. I will comply with all instructions given by the race marshals and police.

Data Protection Act - By submitting this entry, I agree that the organisers may store my entry details and results for the purpose of event administration.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_