

# South West Road Runners

## First Chance 10K

**Sunday 2 January 2011 at 10:30**

**UK Athletics Licence applied for**

**Certificate of Course Accuracy number 09/002 (measured 25-10-08)**

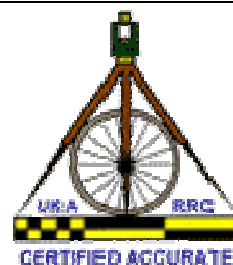
**Held under UK Athletics rules**



With thanks to our sponsor:

**IRONBRIDGE  
RUNNER**

15 Bartholomew St  
Exeter, EX4 3BG  
01392 436 383



Your eighth chance to race our fast, flat course along paths & cycleways by the Exeter Canal and the River Exe. Slightly altered course this year, re-measured with super-accurate K-markers!

Chip timing start and finish. In accordance with UKA rules, all prizes will be awarded on gun time.

All finishers will receive a quality race memento.

Prizes for:

1st, 2nd & 3rd Male & Female {Iron Bridge Runner vouchers £100, £75, £50}

1st Female Under 20, V35, V40, V45, V50, V55, V60 {IBR vouchers for £20}

1st Male Under 20, V40, V45, V50, V55, V60, V65 {IBR vouchers for £20}

Only one prize per competitor.

£100 cheque if you set a new course record by beating the corresponding (M/F) record during the race. Current course records:

Men : Kevin Heywood 30:44 (2010)

Ladies : Lucy Hassel 34:32 (2007)

About South West Road Runners.

We are a friendly club based in Exeter, meeting at Exeter Arena on Wednesdays (6:30) and Fridays (6:00). We cater for all standards of runners, ladies and men, from beginners to competitive county level athletes. If you are thinking of joining a club, come along and try us out!

You may also wish to enter our other races:

The Killerton Kanter – an attractive off road 10K around Killerton House

The Drogo 10 – a tough, hilly 10 miles in the stunning countryside around Castle Drogo

The Poltimore Poodle – a tough & muddy off road 10k starting and finishing at Poltimore House – profits go to Poltimore House.

For more details visit our web site [swrr.co.uk](http://swrr.co.uk)

Please complete clearly	Surname	First name	M/F
<b>IN BLOCK CAPITALS</b>			
Club (if any)	Telephone	DoB(ddmmyy)	Age on Race Day
Address			
Email			

Do you hold a current England Athletics Competition Licence?

[If in doubt, please consult your club membership secretary]

<b>Yes</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<b>Entry fee £11</b>
	England Athletics Competition Licence Number						
<b>No</b>	<b>Entry fee £13</b>						

## CLOSING DATE FOR ENTRIES: 5 DECEMBER 2010

I declare that I am an amateur as defined by UKA rules, that I am medically fit to run and that I enter at my own risk. The organisers shall not be held responsible or liable for any injury, loss or damages as a consequence of my participation in the First Chance 10K. I understand that acceptance of my entry is subject to the approval of the race organisers and that after acceptance the entry fee is not refundable. I will be 15 years of age or older on 2 January 2011.

I also give consent for my name, club, age category and race times to be published on South West Road Runner's internet site, the internet site run by the timing chip company and passed to the media. I am aware that full entry details may be passed to England Athletics, UK Athletics and to any club of which I claim membership on this entry form.

Due to narrow parts of the course and some rough paths, the race is unsuitable for wheelchair athletes. No following cycles, push chairs, roller blades or wheeled vehicles please.

Signature (or signature of parent/guardian if entrant is under 18)	Date

Please send your cheque (payable to South West Road Runners), entry form and large (preferably A4) SAE (with "**large**" stamp) to:

SWRR, FIRST CHANCE 10K, The Olde Saddlers, Sandford, EX17 4nq

## NO ENTRIES ON THE DAY

Joining instructions will be posted out with race numbers before the race day.

swrr.co.uk