

# RUFFORD 10K

Organised by Newburgh Nomads Running Club

## ON SUNDAY 6<sup>th</sup> SEPT 2009

Held under ARC Rules Permit No.ARC 09/176

RACE START TIME: 11.00 a.m.

Assisted by:



CHORLEY

01257 269814

MAIL ORDER 020 8758 0044

An **ARC** Certified, very flat, very fast course on quiet roads

Start and finish at Rufford C.E. School, Flash Lane, Rufford, Nr. Ormskirk (see map)

Parking, Changing and Toilets available.

### PRIZES

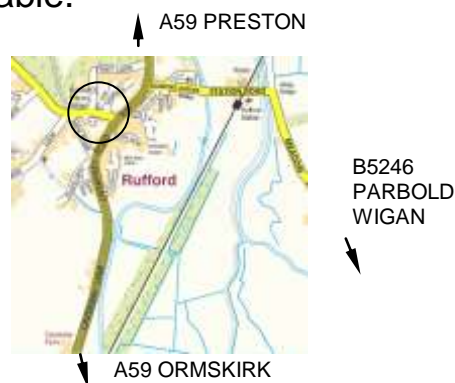
1<sup>st</sup> 6 Men, 1<sup>st</sup> 2 V40, 1<sup>st</sup> V45, 1<sup>st</sup> V50, 1<sup>st</sup> V55, 1<sup>st</sup> V60, 1<sup>st</sup> V65

1<sup>st</sup> 3 Women, 1<sup>st</sup> V40, 1<sup>st</sup> V45, 1<sup>st</sup> V50, 1<sup>st</sup> V55, 1<sup>st</sup> V60, 1<sup>st</sup> V65

Teams 1<sup>st</sup> 2 men's (4 to count), 1<sup>st</sup> women's (3 to count)

Entry fees: UKA/ARC Clubs £5.00 U/A £7.00

Entry on day +£1.00



**COMPUTERISED RESULT SERVICE ON THE DAY**



Send Entries and S.A.E. to A. Brookfield, 29 Greetby Hill, Ormskirk L39 2DF

Please enclose payment. Payable to Newburgh Nomads R C

LAST (SURNAME)

FIRST NAME

MALE/FEMALE  M/F

FULL POSTAL ADDRESS

TOWN

COUNTY

POSTCODE

NOEAA Membership No.

TELEPHONE NO.

AGE ON DAY OF RACE

DATE OF BIRTH

Day Month Year

BAF AFFILIATED CLUB

### DECLARATION

I declare that I am an amateur as defined by ARC Laws and will be 15 or over on September 6<sup>th</sup> 2009. I am medically fit to run and will not hold the organisers or their representatives responsible for any injury, loss or damage to my person or property however caused.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_